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Food, Page 1C



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VOLUME 20, NUMBER 84

WEDNESDAY, OCTOBER 23, 1996

FIFTY CENTS

Businesses annexed

Pontoon Beach officials oppose move

By Bob Slate
Staff writer

Two parcels of commercial property located on Illinois 162 in unincorporated Nameoki Township were annexed into Granite City Monday night, against the wishes of officials of Pontoon Beach and the Long Lake Fire Protection District. But Pontoon Beach Mayor Bill Selp said both parcels were annexed at the request of the property owners.

The annexations of Lakeview Driving Range and Batting Cages, 3615 Illinois 162, and Lindsay Construction Co., 3308 Illinois 162, were approved unanimously by the Granite City Council at a special meeting Monday.

Pontoon Beach had planned to annex the property Tuesday night, but Granite City apparently beat the village to the punch.

Mark Ribbing, president of the Long Lake Fire Protection District's board of trustees, and Mike Mackeck, a trustee of the Pontoon Beach village board, both attended the special council meeting Monday, but neither had obtained permission to speak under the conditions of the city's decorum ordinance.

After the meeting, Ribbing said fire protection officials were concerned about the erosion of the district's property tax base and about the safety of the business.

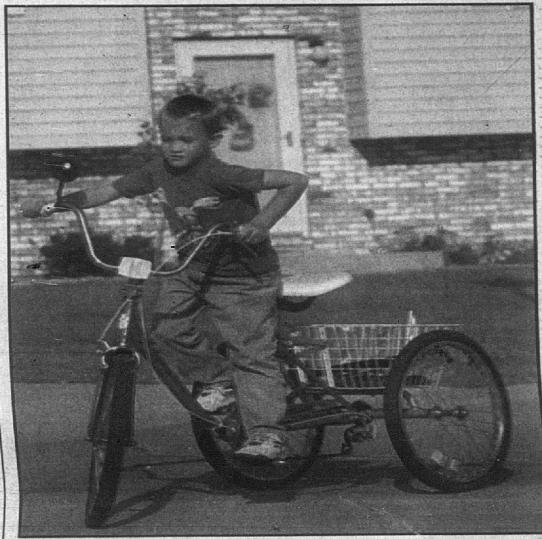
"We'd much hate to see any property lost — especially property that will be cut off (from the city's fire stations) by trains," Ribbing said.



(Staff photo by JOHN FRESE)
The Lakeview Driving Range and Batting Cages on Illinois 162 was the target of annexation efforts by both Granite City and Pontoon Beach.

Approved at the special meeting, calls for the city to negotiate with Illinois Power Co. on behalf of Trtjan to secure a gas main installation on the north side of Illinois 162, stated that city police officers would be responsible for the property to provide a secure atmosphere; requires the city to periodically spray for insects during the summer; calls for the city to prepare plans, specifications and contract documents to secure a highway access permit from the Illinois Department of Transportation.

The driving range currently has a gravel driveway that often washes away. (See ANNEXED, Page 6A)



(Staff photo by JOHN FRESE)
Big trike — Steven Wright, 7, rides an adult-sized tricycle belonging to his aunt, Kathy Affelter, down the street in front of his house in Pontoon Beach while enjoying an Indian summer afternoon.

Madison seeks removal from list

By Scott Cousins
Staff writer

A petition to the Illinois State Board of Education to remove the Madison School District from the state's certified watch list was approved by the school board Thursday.

Superintendent Gary Alton told the board that all the requirements to be taken off the list, and that members should be "very proud" of that accomplishment.

In September the board approved a balanced budget for the 1996-1997 school year. According to the budget, the district should have an ending balance of about \$800,000 in all funds at the end of the year.

The board has also accepted and approved an audit of the previous year's books. The budget and audit were the final two requirements the district had to meet to be eligible to be taken off the list.

The state requires the four major funds to be in the black and an overall ending fund balance of five percent of the total revenue. (See MADISON, Page 6A)



U.S. Rep. Dick Durbin addresses the crowd at the annual JFK Champaign Dinner Thursday night in Collinsville with John F. Kennedy's portrait behind him. (Staff photo by BOB SLATE)

Democrats seek reversal

By Bob Slate
Staff writer

The future of the entire nation could rest squarely on the shoulders of one County voter. Democrats say.

While that assertion may be a slight stretch, it was the message hammered home at the annual John F. Kennedy Champaign Dinner hosted by the Madison County Democratic Party at the Gateway Convention Center in Collinsville Thursday night.

"The Madison County Democratic Party has led this state time and time again," said U.S. Rep. Dick Durbin, D-Springfield, who is challenging Nov. 5 against Republican Al Salvi for the seat of retiring U.S. Sen. Paul Simon.

"We're in a tight election to determine which party will control the House of Representatives," U.S. Rep. Jerry Costello, D-Belleville, told the crowd of more than 550 attendees.

Democrats are hoping they will be more successful in the

Mrs. Dole in area, 3A

Nov. 5 election than the St. Louis Cardinals were Thursday night.

"This election is going to be decided in Madison County," said State Rep. Jon Hoffman, D-Collinsville, who faces a strong challenge from Madison County treasurer John Shimkus, a Collinsville Republican, for Durbin's seat in the 18th Congressional District.

"The first vote I'll cast is for Dick Gephardt (D-St. Louis) for speaker of the House," Hoffman said.

Democrats are trying to regain control of Congress. As a result of success of the GOP in the 1994 elections, both houses have been dominated by Republicans for the first time in 40 years.

Durbin said his party learned a lesson from the GOP success two years ago.

"Recently enacted welfare reform, in my mind, is (See REVERSAL, Page 2A)

In the Journal

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5 FULLER'S FORECAST
John Fuller, Chief Meteorologist, KSDK NewsChannel 5

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NEWS



U.S. Rep. Jerry Costello, at right, addresses the crowd at the annual JFK Champaign Dinner Thursday night in Collinsville. At left, State Rep. Jay Hoffman makes a point during his speech in Collinsville.

Reversal

(Continued from Page 1A)

evidence that we as Democrats got the message — that we understood the 1994 election,” Durbin said. “We’ve got the message this year and we need the messengers.”

That message, according to Durbin, is the Democrats’ own version of “family values” — good jobs paying fair wages, safety from dangerous criminals, contin-

ued financial aid for college students and Medicare benefits for the elderly, and welfare-to-work programs.

Durbin, who had debated Salvi earlier Thursday at Principia College in Elsah, claimed that Republican candidates are distancing themselves from House Speaker Newt Gingrich, the man who led the GOP revolution two years ago.

Costello said the Democratic leadership in the White House and in both houses of Congress can take the country in the right

direction. “We have a president that has a record we can all be proud of. We have a president that has a vision and plan to take us into the 21st Century,” Costello said.

But that will only happen if Democrats avoid complacency and non-confidence and get involved,” Durbin said.

“The worst thing that could happen is for Democrats to look at the polls and the comfortable lead President Clinton has and say, ‘We don’t need to vote,’” Durbin said.

ROTC students set to battle fellow cadets

Army ROTC students at Southern Illinois University at Edwardsville plan to battle fellow cadets from 20 other colleges and universities to determine who has the best military skills.

Steve Greenberg, professor of military science at SIUE, said 10 cadets from the Reserve Officer Training Corps will compete in the Ranger Challenge Competition Oct. 25-27 in Fort Leonard Wood, Mo.

It is the third time cadets from SIUE have participated in the annual competition.

The cadets will participate in eight events — taking the Army Physical Fitness Test, building and disassembling a rope bridge, orienteering, weapon assembly, grenade assault course, M16 weapon qualification, a 10-kilometer road march and night pistol marksmanship.

Greenberg said the troop is being trained by Sgt. 1st Class Ken Teske; team captain is cadet William Thompson. Other members of the team are Chris Thoendel, Joel Ferris, Domonic Robatalla, Andrew Nowell, Michael Kibbey, Chris Kubicek, Joseph Lopez, Michael Miller and Alex Jimenes.

The intense relay test mental and physical agility, reactions under pressure and military knowledge, Greenberg said.

Among schools expected to be in the competition are Southern Illinois University at Carbondale, Washington University and 17 other institutions in Arkansas, Missouri and Illinois.

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Gateway seeks delay in entertainment tax

By Scott Cousins
Staff writer

Gateway International Raceway and Madison city officials plan to meet in the next few weeks to negotiate on several issues in the development of the raceway, including an entertainment tax.

Most of the discussion at a meeting of the city's Finance and Tax Increment Financing committee Friday centered on the entertainment tax.

If approved by the full council, such a tax would probably take the form of a \$1 surcharge per ticket, city officials said. Proceeds from

the tax would go into the general fund, which pays for most of the city's day-to-day expenses.

The tax would generate several hundred thousand dollars for the city.

Construction at the raceway has been accelerated to accommodate a major IndyCar race on Memorial Day weekend.

So far two major events—the IndyCar race and the National Hot Rod Association's Craftsmen Nationals—have been scheduled for the coming year.

Studies said the raceway could attract as many as 500,000 race fans and have a huge economic impact in the entire St. Louis region.

At Friday's meeting, Christopher Pook of the

Grand Prix Association of Long Beach, the owner of Gateway International, asked for a three-month delay before the city starts levying such a tax.

"We certainly want Madison and the residents of Madison...to benefit from what we're doing, and we understand (you) have absolutely every right to put in an entertainment tax," Pook said. "What I am asking you, however, is that you give us a certain amount of time to get this business up and running before you put this tax in."

"So what I'm asking you to do is recognize there is a great importance in the relationship between ourselves and the city of Madison and

ask you to give us at least three years to get the raceway up and running and functioning in an effective manner before we put an entertainment tax in," Pook said.

Pook and Rod Wolter, general manager of the racetrack, said they have had a number of unexpected expenses in construction, including sewage and relocating a gas line.

Aldermen expressed reservations about delaying the tax, but agreed to meet with Gateway representatives in the next few weeks to discuss the tax and other issues.

The council will include using part of the city's portion of tax increment financing funds on some of the projects.

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Elizabeth Dole leads cheers

By Nicole Vaughn
Staff writer

Former U.S. senator and presidential candidate Bob Dole didn't come to Collinsville himself Saturday, but the city played host to his biggest cheerleader, his wife.

Elizabeth Dole spoke nearly

an hour telling a crowd of about 400 gathered at Gateway Center just why her husband should be the next U.S. president.

The visit was sponsored by the Illinois Dole-Kemp Campaign and state and county Republican groups.

Speaker of the House Dennis Hastert, Sen. John Gutfreund, and other national and state Republican candidates in next month's election.

Dole focused on her husband's proposed 15 percent tax cut for families plus \$500 per child deductions.

"The average worker spends three of every eight hours working to pay taxes," Dole said. "What's the right thing to do?"

She described Bob Dole as a candidate friendly to both farmers and the environment. Dole said her husband has backed nine different farm bills, including one he authored in 1985.

Dole said her husband would restore the home office tax deduction which would allow parents who work at home to



not only deduct expenses but to contribute to their own Individual Retirement Account. "It would take care of the spouse with the most important career of all: homemaker, mother and volunteer," Dole said.

She also wasted no time lambasting President Bill Clinton.

Dole said that the health care package proposed by Clinton earlier in his administration would have resulted in 14 to 17 percent increases in payroll taxes and would have created 17 additional taxes.

She took Clinton to task for an appearance on MTV in which, tongue in cheek, he said that given the chance, he'd do it over again. Dole was inhaled when smoking marijuana.

During his 1992 campaign, Clinton said he had smoked marijuana but hadn't inhaled.

Dole said his comment on

(See DOLE, Page 6A)



(Staff photos by NICOLE VAUGHN)

Elizabeth Dole talks to the audience about taxes.

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LOCAL NEWS

*Durbin, Salvi square off***Senate hopefuls trade zingers**

ELSAH — U.S. Senate contenders Richard Durbin and Al Salvi traded rapid-fire barbs Thursday during a lively debate on the picturesque Principia College campus.

The candidates, vying for the seat being vacated by Sen. Paul Simon, delighted the audience of about 1,200, lifting zingers from campaign advertisements while using sticks to point.

"I pledge never to vote to raise taxes," said Republican Salvi, who called Durbin a big "tax and spend" politician.

But the problem is we are not taxed too little because the government spends too much money," Salvi said. "We are spending ourselves into oblivion."

"You've never voted on a major tax increase," Salvi told Durbin.

Durbin, a Democratic U.S. representative, said Salvi was mistaken. "It is a classic cliché thrown against every Democrat."

Referring to former President Bush's failed promise, Durbin asked, "Did I hear Mr. Salvi say, 'Read my lips, no new taxes?'" We've been down this road before."

Salvi continuously said the federal budget must be balanced, calling the deficit "the father of all issues."

Durbin, however, said it is more important to let the expansion economy under President Clinton's leadership spawn more jobs, while the deficit shrinks and the wealthy pay a bigger share of taxes.

"There are a lot of young people here who will take cold comfort in a few years if we have a balanced budget and they can't find jobs."

Durbin also assailed Salvi's campaign advertisements, which he said gave him more money than any other new senatorial candidate. They are not giving him money because tobacco is grown in Illinois," he declared. "Dick Durbin is grown in Illinois," Durbin said.

He attacked Salvi's pro-gun stance and connections with the National Rifle Association.

"You can't run, and you can't hide. You are the favorite lap dog of the gun lobby. You have consistently voted their."

From the Alton Telegraph

agenda," he said of Salvi's years in the Illinois House of Representatives.

Salvi said he was a "moderate" on gun issues and has voted for and against NRA planks in the past.

"Law-abiding citizens should be allowed to keep and bear reasonable arms," Salvi said. "I strongly support legislation against the sale of automatic and machine guns. I want to keep criminals to prison for the rest of their lives or a minimum of 20 years if they possess an automatic or machine gun."

"I also want to make sure firearms can't be converted into automatic weapons."

"I don't see how disarming victims is going to stop crime," Durbin said. "He has stood up 'against the NRA' and supports 'sensible' gun control."

"When you say 'reasonable firearms,' I challenge you to meet with victims' families and ask them which firearms are reasonable."

IP to award teacher grants

Illinois Power will award 435 grants worth \$100 each to teachers in IP's service territory for special classroom projects this year, the utility has announced.

Thirty-two of the grants will be awarded to teachers in IP's Maryville region.

"Supporting teachers is another way Illinois Power can demonstrate its commitment to education," said Sharon Durbin, an IP customer relations manager. "Providing \$100 grants is a great way for special projects and needs in the classroom in a program IP is proud to sponsor."

Illinois Power created the classroom grant program in 1992 based on a suggestion from teachers in the Metro East.

In 1995, Illinois Power received more than 1,500 applications from across the state and awarded 330 grants.

Previous winners have used the money to help pay for items such as lab equipment, books, computer software and electronic spellers.

The utility has mailed appli-

cations for 1996 IP classroom grants to school principals.

Applications from all area communities must be received by Illinois Power's headquarters office by the close of the business day Oct. 31.

Address entries to: Classroom Grants, Public Affairs, 500 S. 27th St., Decatur, Ill., 62325.

Granite City Business & Professional Women

Holbrook plans office hours

State Rep. Tom Holbrook, D-Belleville, will hold open office hours at his Granite City office, 1310 Niedringhaus Ave., from 10 to 11:30 a.m. tomorrow, Thursday.

Anyone may stop in at that time to discuss issues with Holbrook or to solicit his assistance.

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Sticker — Secretary Vincine Zerlan, right, presented Junior Past President Joanna Spencer with her "No-Goose Egg" poster for 1995-1996 year at the August meeting. The stickers are given for membership each month. Spencer has a sticker for each month.

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By Martin Richter
Staff writer

As he surveyed the dimly lit Belvidere High School gymnasium on Tuesday night, State Rep. Tom Holbrook ventured an observation.

"If you want to travel, you better go to Holbrook," said with a smile U.S. Secretary

Transportation. Holbrook did just that on Tuesday night, traveling over a \$30 million project that was the first instance of federal funding for construction of the extension of the light rail system in the Quad Cities, and check for the purchase of additional light rail cars.

Penn and Federal Administrators also signed a full agreement for the extension of the Metrolink BAC. The agreement for the extension cost \$243,880,961 in capital funds, or 72 percent of the project's cost of \$333,880,961.

The other 27 percent will come from half-cent sales tax, overwhelmingly a

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FC

Pena delivers long anticipated MetroLink funds

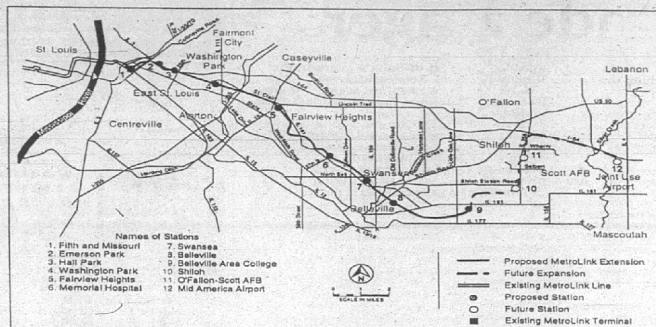
By Martin Richter
Staff writer

As he surveyed the 200 or so area dignitaries milling around Belleville Area College's varsity gym on Thursday, State Rep. Tom Holbrook ventured an observation.

"If you want to draw a crowd, just bring in \$50 million," Holbrook said with a smile.

U.S. Secretary of Transportation Federico Pena did just that on Thursday, traveling to Belleville to sign over a \$39.7 million check that was the first installment of federal funding for construction of the 17.4-mile section of the MetroLink light rail system in Belleville Area College and a \$10 million check for the purchase of four additional light rail cars.

Pena and Federal Transit Administrator Gwendolyn Pugh also signed a full funding grant agreement for the construction of the MetroLink extension to the federal transit system. The agreement commits the federal government to \$243,930,961 in capital new start funds, or 72 percent of the project's cost of \$339 million. The other 28 percent, \$95,289,895, will come from a half-cent sales tax overwhelmingly approved by



extension is slated for March 1998, and construction is expected to be completed in spring of 2000. Service on the extension is scheduled to begin in September of that year.

The extension will begin at MetroLink's current eastern

terminus at Fifth and Missouri in East St. Louis, and extend the rails to BAC's Belleville campus. In between, there will be stops at New St. Louis Hall Park in East St. Louis, Washington Park, in Fairview Heights, at Belleville's Memorial Hospital, in Swansea, and at School Street near Clay Street in Belleville.

There also will be seven new park-and-ride lots with about 3,000 parking spaces.

Planners will eventually extend the MetroLink rails another nine miles to the new Mid America Airport, with additional stations in Shiloh and O'Fallon-Scott Air Force Base.

Michael Buehlhorn chaired the St. Clair County Transit District's Station Area Committee, and also is mayor of Swansea, which is getting a

MetroLink facts, figures

Here are a few facts about the MetroLink extension from East St. Louis to Belleville Area College:

Length: 17.4 miles, including eight new stations and seven park and ride lots.

The total cost is \$339 million. The federal government will pay \$243,930,961, or 72 percent; the other 28 percent, \$95,289,895, comes from a half-cent sales tax approved by St. Clair County Trans. District voters in November 1993.

Groundbreaking is slated for March 1998; service is scheduled to begin September 2001.

Computer models estimate daily boardings for the year 2010 will be 1,500. Daily ridership will vary from more than 3,000 per day at the Emerson Park Station to about 600 per day at the Memorial Hospital Station. The forecast for that year projects average daily boardings of 14,745 for the Illinois stations. Boardings all of MetroLink that year, including the Missouri stations, is estimated at 61,503.

Travel time from Fifth and Missouri to BAC is estimated at 33 minutes.

Construction of the St. Clair extension will include 15 major bridge structures and 16 road crossings.

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stop west of Illinois 159, near Roxbury Road. Following the ceremonial signing of the full funding agreement, he could barely contain his enthusiasm.

"I'm in love with this. I don't know how to put it," Buehlhorn said. "It's just an incredible how much this means to the county."

Buehlhorn chairs the St. Clair County Transit District's Station Area Committee, and also is mayor of Swansea, which is getting a

new station. He said the biggest injection of capital that's going to hit this county for years," he said. "People are going to be looking at these station sites for investing in St. Clair County."

County Board Chairman John Baricevic also was in high spirits. After voters passed a half-cent sales tax to provide local funding, it became a matter of "only when, not if," the extension would happen.

"It timed up to the (St. Louis MetroLink) election," Baricevic said. "Regional transportation is becoming more and more MetroLink, and St. Clair County is a part of that. This shows how important this county is."

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LOCAL NEWS

October 23, 1996—Granite City Journal—Page 7A

'Benjamin's Web' set for SIUE stage Saturday

"Benjamin's Web," a young boy's journey on the Internet and how he connects to others in the world, will kick off "A Season for the Child," the annual season of plays for the entire family co-sponsored by TheBANK of Edwardsville and



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the Friends of Theater and Dance at Southern Illinois University at Edwardsville. The play, "Benjamin's Web," will be performed by Many First Stage of St. Louis at 7:30 p.m. Saturday, Oct. 26, in SIUE's Communications Building theater.

The play is about Benjamin and his love of science and computers. His third-grade class is studying spiders but Benjamin is afraid of them so he surfs the Internet looking for comforting information about the insects.

Data pours in from all over the world as Benjamin begins to discover an intricate web of facts about the eight-legged creatures. His journey teaches how some things that are scary are actually helpful to humans and how easy it is to save a web of connections throughout the world.

Tickets for "Benjamin's Web" are \$8 children, \$10, with group rates available. For more information or to obtain tickets, call the SIUE Fine Arts box office, 692-2774.



(BAC photo by LINDA GASS BURGESS)

Vicki Rose, left, director of the Senior Companion Program, and Joan Major, Director of the Retired and Senior Volunteer Program, hold the awards that their programs received from the Southwestern Illinois Area Agency on Aging. Both programs are operated by Belleville Area College's Programs and Services for Older Persons.

BAC programs win honors

Two programs operated by Belleville Area College's Programs and Services for Older Persons are recipients of the Senior Community Recognition Awards presented by the Southwestern Illinois Area

Agency on Aging. The awards were announced at a Sept. 19 luncheon held at the Shrine of Our Lady of the Snows.

The Senior Companion Program and the Retired and Senior Volunteer Program, along with four other area organizations, received the awards for being "agencies of action," SWIAAA officials said.

Vicki Rose, director of the Senior Companion Program, and Joan Major, RSV Director, accepted the awards on behalf of their respective programs.

The Senior companion program serves St. Clair, Madison, Monroe and Randolph counties with 110 volunteers serving more than 220 clients.

The RSV has more than 1,000 volunteers serving 155 local agencies, including hospitals, schools, parks and community organizations.

PSOP was prominent in other awards given at the luncheon. Two PSOP Advisory Council members, Ed Wright and Wade Brummann, were named co-recipients of the Sister Mary Simpson Award for Service to the Senior Community. The award was established in 1994 in memory of Sister Mary Simpson, a longtime SWIAAA board member who also served as PSOP's director of outreach services for many years.

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Jan's Hallmark

Pharmacy Week being observed

Billions of dollars are spent needlessly on health care each year because patients don't take their medicines correctly.

Oct. 21-26 is National Pharmacy Week and the St. Louis College of Pharmacy wants to help you learn how to communicate with your pharmacist so you can get the best results from your medications.

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Co-Director, Arthritis Service

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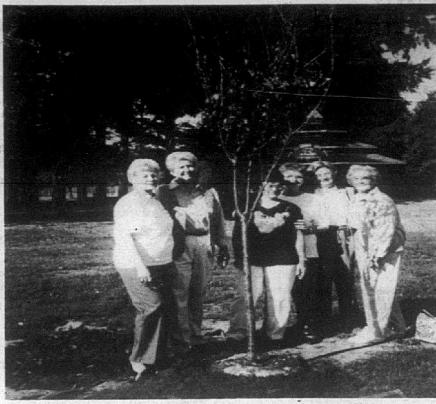
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LOCAL NEWS

Plates honor three universities

Living memorial — The Granite City School Nurses dedicated a tree in memory of Delores Staecker, who died in January and who the group said is sadly missed. The tree was planted in Wilson Park on Oct. 1 across the street from Neidringhaus School, where Mrs. Staecker was the school nurse for about 10 years. From left, are retired nurses Myrlene Kriz, Nancy Graff, Cecelia Siebert, Margaret Amish, Francis Robbers, and Ruth Crawford. Not pictured is active nurse Betty Stone, who also helped plant the tree.



Secretary of State George H. Ryan has unveiled new license plates honoring University of Illinois-Springfield, Southern Illinois University and Eastern Illinois University, the latest in a new series of "collegiate" license plates that will raise money for student scholarships.

"These new plates we're previewing today will raise money for general student scholarships," he said. "It will allow us across this state to show their support for their favorite school," Ryan said.

"By the end of November, you'll be seeing these new plates all over the place on our campus," the secretary added.

"You'll know the driver is a fan. But what's more, when you see the plates on a car or truck, you'll know that the driver has decided to make a significant and annual contribution to student scholarships and higher education," he said.

The initial purchase price of the new collegiate license plate is \$88, \$40 higher than the

standard fee for a license plate. Of that extra fee, \$25 will go to a special scholarship fund.

The annual renewal fee for the plate will be \$75. Again, \$25 from that fee will go into the scholarship fund.

This amount has increased slightly in the last few years,

but there is still not enough scholarship money to go around to help all students who need help get to college and stay in school.

Under the collegiate license plate program, 186 institutions of higher education in Illinois — both public and private — are eligible to take part.

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Decorating
advice to
Improve your
HOMELIFE



by Christina Rhein
Sears Homelife
Furniture Consultant
Fairview Heights

Q: What fabrics hold up best to the pounding of little kids?

A: Synthetic Olefin fabrics, generally with a velvet finish, can take a lot of punishment and keep looking fresh.

Also, Cotton/Rayon/Poly blends are quite durable, and offer the benefit of terrific selection of style and color.

Try to stay away from Cotton Chintz, Silk, and Linen. These three don't mix well with small children.

Whatever fabric you choose, make sure it's been treated with Scotchguard fabric protection. Every piece that Sears Homelife carries is Scotchguard-treated at the mill, so the protection is sealed right into the fabric.

We want to hear from you!
Send us your decorating
questions, and if we use yours in
this column, you'll receive a free
small floral arrangement valued
up to \$200.

Mail your questions to:
Improve your Homelife
c/o Suburban Journals
1714 Deer Tracks Trail
St. Louis, MO 63131
Please include your address and
phone number.



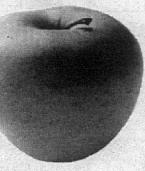
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HOMELIFE**
FURNITURE STORE
49 Ludwig Drive, Fairview Heights
618/398-8264

LOCAL NEWS

October 23, 1996—Granite City Journal—Page 6A

Co-dependency is topic of talk

St. Elizabeth Medical Center's behavioral health system will present a talk on Tuesday, "Co-Dependency: The Family Illness." Dysfunctional family members can have a devastating impact on those with whom they are most directly involved. The problems tend to be transferred unknowingly from generation to generation.



Sometimes, an apple a day is just not enough.

When round-the-clock nursing care becomes necessary, Eden Care Center has just what the doctor ordered.

We offer individualized therapy programs for rehabilitation to help patients achieve their maximum level of independence and go home again. We provide programs with specially trained staff to care for residents struggling with Alzheimer's. For those who are more self-sufficient, we have intermediate care accommodations. And, we have 40% more nurses than the state requires, each committed to providing compassionate medical care. Cutting

to the core, we focus on specialized, individual attention for special individuals.



Eden Care Center is a division of Eden Village, a not-for-profit organization affiliated with Eden United Church of Christ. Eden Village also provides Apartments and Duplex Homes for the active and independent senior.

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(approx 1 min.)
Turn left onto Lebanon Ave.
RT. 161
Take 1st right onto "B".

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College officials to gather at GCHS Oct. 30

Seventy-three representatives of universities, colleges, technical schools and career areas have been invited to talk with students and parents from 6:30 to 8:30 p.m., Oct. 30, in the Granite City High School cafeteria.

Students will have an opportunity to evaluate the offerings of various schools and vocational areas.

Each student is invited to compare accreditation, state licensing, available courses, tuition costs, financial aid, placement assistance, facilities of individual schools and different career areas.

The evening is being sponsored by the GCHS Guidance Department. Inquiries may be directed to Sheryl Evans, 452-5808.

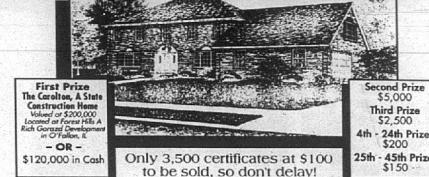
Representatives of the following will be present: Aurora University, Belleville Area College Aviation Trade and Industry Program, BAC Office of Financial Aid, BAC Belleville, BAC Granite City Campus, Blackburn College, Butler University, Boatmen's Bank, Central Methodist College, Central Missouri

State University, Culver-Stockton College, Deaconess College of Nursing, DePaul University, Eastern Illinois University, Embry-Riddle Aeronautical University, Fontbonne College, Greenville College, Hamline-LaGrange College, Illinois College, Illinois State University, Lincoln-LaGrange College, Lindenwood University, ITT Technical Institute, Jewish Hospital School of Nursing, Knox College, Lincoln College, Lindenwood College, Lutheran Medical Center School of Nursing, MacMurray College, Maryville University, McKendree College, Millikin University, Missouri Baptist University, Missouri Southern State University, Ranker Technical College, Ray College of Design, Rockford College, Rockhurst College, Rosary College, St. Anthony's Health Center, St. Louis College of Pharmacy, St. Louis University, Standard University, Southern Illinois University of Edwardsville, SIU at Carbondale, SIUE School of Nursing, Southwest Baptist University, Truman University, Union University, Universal Technical Institute, University of Evansville, University of Illinois at Springfield, University of Missouri-Columbia, University of Missouri-St. Louis, Washington University, Webster University, Western Illinois University, Westminster College, Department of the Air Force-Civilian Personnel, U.S. Air Force and ROTC, U.S. Army ROTC, U.S. Army, U.S. Marines, U.S. Navy and Illinois National Guard.

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To order certificates by phone using Mastercard or VISA, call (618) 308-3162

Please make all checks payable to Big Brothers/Big Sisters.

Raffles reserves the right to publish the names of all winners. Raffle purchases are not charitable contributions.

Drawing to be held at 6:30 p.m. on November 1, 1996 at St. Clair Square

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So why not bring someone special along for the ride. These great deals are on sale.

October 21 - November 16, 1996 for travel through December 31, 1996. Seats are non-refundable and seats are limited. So hurry and make your reservations today. Whether you're bringing a friend, relative, or child, it's one of the best travel values around!

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Make Your Reservations Now. Seats Are Limited. Sale Ends November 16, 1996.

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2. Not One Get One FREE offer is good for one round-trip or one-way or one-line of sight or one-way value with the purchase of one round-trip or one-way or one-line value.

3. Passengers must travel together on identical itinerary.

4. Must travel between October 21, 1996 and November 16, 1996 and good for travel October 21, 1996 through December 31, 1996. Seats are limited.

5. Reservations are required and must be locked within 14 days of purchase.

6. Tickets are non-refundable and are subject to change fees.

7. Offer good in conjunction with Amtrak® Vacations package.

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9. Other restrictions apply.

10. One Get One FREE offer is good for one round-trip or one-way or one-line of sight or one-way value with the purchase of one round-trip or one-way or one-line value.

11. Passengers must travel together on identical itinerary.

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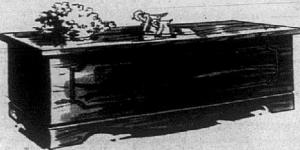
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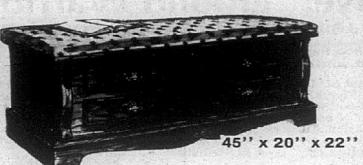


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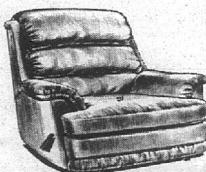
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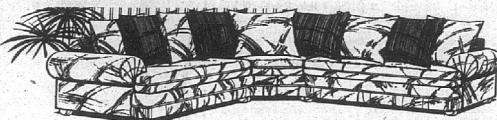


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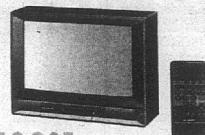


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Sports

October 23, 1996—Granite City Journal—Page 1B



Art Voellinger

Freeburg same by any name

Thanks to Jim Meyer, a candidate for St. Clair County auditor, who, like other political hopefuls gets around the area more than me at times like these, I'm told some folks in the Freeburg area are upset about something I wrote.

Trouble is, I do not recall when I wrote about favoring the "Blue Rage" as the nickname for Freeburg High School in favor of Midgets (blame it on senility), and I cannot recall being too concerned (blame it on indifference).

However, I do recall referring to "political correctness" when I spoke with Republican candidate Meyer and his campaign does seem a target for muggers wanting to change school nicknames which they deem offensive.

Remember the Pekin Chinks and St. John's Union Redmen and Marquette Warriors? More recently, even the Atlanta Braves had complaints about the Tomahawks.

Would the world be a better place if we all were Appleknockers, as in Cobden, Ill.?

OK, you get the point, but if I reported anything about Freeburg High, it must have come in recent years when the school's football team — let's call them the Midgets — were advancing to the postseason.

Often I saw bumper stickers and yard signs featuring "Blue Rage." That was my idea any more than thinking this year's state Class 3A ranking of No. 1 (prior to a 7-3 start) at Waynesville, Mo., should lead to naming "Blue Rage" only in association with the Freeburg High football team.

Blame it on the media as my friend likes to do, but do not blame me for urging anyone to join a cause eliminating Midgets. That's too tall of an order (sort of) for the play on words used. We never intended to offend any Freeburg resident, student or alumna.

Am I enraged? Certainly not. To those in Freeburg, and the Midgets football team, especially this season, smells very sweet. Sorry again because I borrowed that from Shakespeare, and for what it's worth, I've never called him "Willie."

OVERTIME: No high school teams in most sports in recent years like Meyer McAuley of Chicago in volleyball. In 18 state tourney appearances, the Macs have 11 titles, a fact aided by the private school's recruiting and use of girls a past age 18 as seniors.

That point was made here last year when the Illinois High School Association passed along just about every favor on the players except, of course, for their weight.

If that seems trivial, consider NCISL Division I and II programs that would charge an athlete a year of eligibility if he or she had participated in organized competition after turning age 18.

This does not mean that the Lady Macs ever would be too old for college, but more schools are aware of foreign athletes competing in the USA after age 21 for as much as four years.

Age IS a concern on the high school and collegiate levels, and more and more parents are holding children back since state associations allow 19-year-olds to compete.

EXTRA INNINGS: I have been asked about the Sept. 23 death of James "Babe" Davis, the former mayor of Brooklyn, Ill. Mr. Davis, 80, served for 20 years as a village trustee and six more years as mayor before retiring in 1993.

He founded the Brooklyn Robins in 1950 and in 1992 was inducted into the Mon-Clair Baseball League Hall of Fame.

Flyers ground Warriors

Granite City falls to 3-3 in conference

By Rob Raphael
Staff writer

East St. Louis Senior assured itself of two things on Saturday: The Flyers will miss the playoffs, and they will finish second in the Southwest Conference.

Not a bad day's work.

Marlon Tillman sparked the Flyer running attack with 124 yards on nine carries, leading Granite City at Jordan Stadium.

With one week left in the regular season, the Flyers improved to 7-1 overall and 5-1 in the SWC. The Warriors fell to 3-5 overall and 3-3 in the conference.

East Side will travel to face East St. Louis on Friday, while Granite City will host the Edwardsville Tigers.

"That's all I can comment about," said Flyers coach Terry Hill when asked about this week's game.

What Hill did like was his team's domination at the line of scrimmage, which helped the Flyers attack more than 340 yards of total offense against the pesky Warriors,

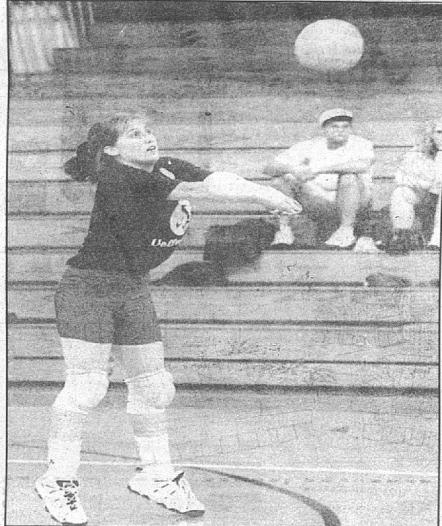
who never quit trying to get back in the game.

And a ton of Flyer penalties — 12 — a total of 80 yards — kept them from putting the game away early.

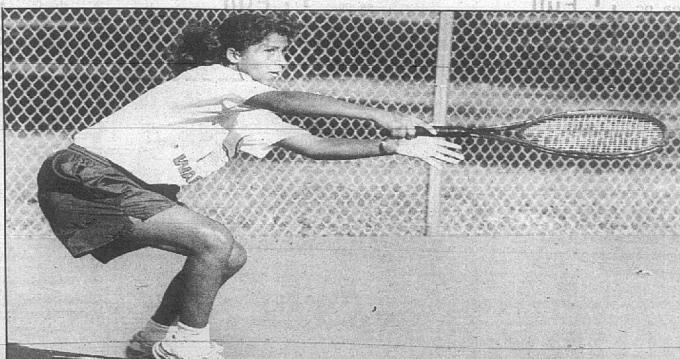
Meanwhile, Warriors coach Nick Petrillo, in his first season, agreed that the game was won and lost at the line of scrimmage.

"We made some mistakes offensively and defensively, but defensively they were extremely aggressive," Petrillo said. "They hit real hard, and we didn't have the speed to run outside

(See FOOTBALL, Page 2B)



Senior outside hitter Amy Tapp paced a dominant net performance for GCHS over Highland at the Freeburg Invitational Tournament.



Advance — Granite City's Geeta Kumar became the first Granite City High School tennis player to advance to the state tournament in six years. In the Belleville-West Sectional, Kumar beat Beloit's Valerie McCoy 7-5, 6-1 for third place in singles, while Jerseyville's Beth Bear and Brie Coffman beat teammates Beth Von Aleman and Gretchen Delaney 6-3, 6-3 for third place in doubles.

Journal names Team of the Week

Page 2B

Area prep statistics

Page 3B



Warriors have missed runner Mike Posey, who is trying to mend academic problems.

GC set for tourney romp

By Brian L. Jones
Correspondent

The Granite City Lady Warriors began pool play Tuesday with three matches in the inaugural Southwest Conference volleyball tournament at Belleville West High School.

Results were not available at press time. But first-year coach Amy Cole fully expects GCHS to reach Thursday's semifinal round, despite coming off a 1-3 performance last Friday and Saturday at the Freeburg Invitational Tournament.

Prior to Freeburg, the Lady Warriors also lost a close three-game battle Thursday to visiting Belleville East, a perennial area power and the No. 2-ranked team in the conference. That was another sign of encouragement for Granite City, yet another losing its 4-3 record this year in SWC dual matches.

"The score of that third game against Belleville East was 16-14, so at times we can play excellent volleyball," Cole said.

Her Lady Warriors were to have played top-seeded Belleville West (7-0 in conference). No. 5 Williamsville and No. 6 East St. Louis Senior in Tuesday's Pool A round. Pool B matches involving Belleville East (6-1), No. 3 Edwardsville, No. 6 Alton and No. 7 Alton are scheduled for today. The top two finishers in each pool advance to Thursday's

(See ROMP, Page 2B)



(Staff photo by JOHN SWISTAK JR.)
Granite City's Josh Hickam advances with the ball. Look in the Thursday edition of the Press Record for upcoming news on prep soccer.

Coach looking for runners to Hassell regional competition

By Brian L. Jones
Correspondent

Granite City sophomore Jeff Hassell will run the first and biggest varsity cross country meet of his prep career Saturday in the East St. Louis Regional meets at Frank Holsten State Park.

Hassell and his GCHS teammates ran a competitive practice exercise last Friday during the Southwest Conference meet on the rugged, challenging terrain at Alton's Gordon Moore Park.

First-year coach Tom Haefner again did not use a full complement of varsity runners, opting instead for

"For us, the team standings are not as important as how much each kid improves. We're going to come out of this saying we worked hard and we did better."

— Tom Haefner

GCHS cross country coach

(See RUN, Page 2B)

SPORTS

•Run

(Continued from Page 1B)

a five-man junior varsity crew. Hassell ran the best overall time for any GCCHS runner including individual varsity runners Eddie Connolly (junior) and Robert Lampitt (senior) placed first and third in the top J.V. finishers with a three-mile time of 18 minutes and 17 seconds. Connolly ran fastest among the varsity Warriors, though his 18:30 time did not get him among the top 30.

"We weren't necessarily in the competition team-wise, but we had a few individuals who ran well beyond the scope of their careers," Haefner said. "Jeff Hassell's 18:17 was excellent on that hilly course, especially with the very heavy wind that day. That was best run we've seen yet from Jeff."

GCCHS still had Monday's Edwardsville Freshman-Sophomore Meet and Tuesday's Saturday's Alton Invitational as final workouts before the regional. Connolly and Lampitt have run varsity all season,

but Haefner expects Hassell and freshmen Kevin Atkins and Dan Robinson to step up and join the team. Sweeney says the five regional team scorers.

"(Sophomore) Nathan Bain will be my sixth man," Haefner said. "But since neither of the two extra runners are expected to score for us, I'm probably going to use Dave Thompson as No. 7. He's not my seventh fastest man in the program, but he's senior and has put in the time."

Atkins ran second among the Warriors at conference in the J.V. division with a time of 18:00. Both were followed by seniors Robin (19:19), Atkins (20:55) and sophomore Jarrod White, who just moved up from the open division last year.

The usual top 5 finisher, sophomore, freshman, Dave Ellifit, still has not recovered from recent nagging injuries. As per usual, Haefner ran his few individual girls on the varsity level at conference.

"(Senior) Heather Mell has been coming down the last three meets," Haefner said.

"She ran a 16:12 for two miles (at conference) and that was her fastest time. She's my captain and she's the keeper of improvisation. We had the sophomore girl (Xiomara Padilla) finish strong again and our third girl (junior Crystal Robinson) is suddenly improved. The girls are all working hard and I think they're serious about their running, and their times are going down."

Haefner has reported like progress all season among his boys. At press time, he had not been informed where his J.V. boys placed in the team standings, though it was likely among the top 10.

"For us, the team standings are not as important as how much each kid improves," Haefner said. "We're going to move out of this year and work hard and we did better. Sure, I'm not going to say we had a winning team, but you can't win if you don't have a good account of ourselves at regionals, even though we'll be running freshmen and sophomores."

•Football

(Continued from Page 1B)

on them, and that's what they were gambling on.

"They just controlled the line, and we didn't do anything with the ball. Physically, they just outmatched us."

Tillman, a second-string back most of the year, had a career day. The electrified the partisan crowd with a 55-yard romp in the fourth quarter that sealed the win.

Earlier, Marquise Ramsey took one of three Flyer interceptions and ran that same distance 55 yards — for another score.

But whoever touched the ball in the end zone backfield was successful. Marcus Lee also ran for 55 yards on 11 carries, and Glen Cooper excelled from his fullback position with 45 yards on 10 carries.

Raymond Vickers was outstanding at quarterback, especially in the first half. Vickers hit six of his first eight passes, and finished with 122 yards passing on 9-for-14.

— Raymond Vickers was outstanding at quarterback, especially in the first half. Vickers hit six of his first eight passes, and finished with 122 yards passing on 9-for-14.

"Raymond has come a long way this year," Hill said. "He's been running quite a quarterback."

Granite City was without its top running back, Mike Posey, for the second straight week. Jimmie Goodwin led the Warriors with 14 carries and 54 yards.

"I wish I would have had him in the last two weeks," Posey said. "Mike Posey's things might have been different."

Warrior quarterback Kevin Harris finished 7-for-19 with 114 yards through the air.

But Harris was constantly hassled by the front seven of the Flyers. Ramsey led the Flyer defense with 10 tackles, including an interception, while Eddie Johnson picked up seven tackles, including a sack and a half.

The Flyers took a 12-0 lead in the first quarter, when Coop scored on a 3-yard run and Lee followed with a 2-yard score.

It remained that way until the fourth quarter, when Ramsey and Tillman got loose.

Granite City scored in the game's waning minutes, when Jimmie Goodwin's 55-yard catch and run got the second one getting the Warriors to the 1-yard line. McKinney then went in from there on the next play.

"We felt like we could pass if we got the time," said Petrillo. "We really felt like we had a shot to win the game. We were able to control the ball in the first half, but we look up at the scoreboard at the half and we're only down 12-4."

"We had a great game, but in the second half we couldn't do the things we needed to get back in it."

"We had to work hard today, but again we should have done better offensively," said Hill. "Too many times, just when we were starting to gain momentum and get a drive going, we'd make a foolish mistake and penalize ourselves."

"But we're happy. There's no guarantees, but it looks like we're playoff bound, and that's where we wanted to be by the end of the season."

St. Louis Ambush schedule

	October	November	December	January	February	March
25 — Baltimore Spirit	7:35 p.m.					
Francis Howell N. (15-3-46)						
5. Clinton (14-3-43).....37	2 — Kansas City Attack, 7:35 p.m.; 29 — Philadelphia Kixx, 7:35 p.m.					
6. Bettendorf (14-3-35).....35						
7. Vianney (6-7-5).....25						
8. Hazelwood C. (13-5-1).....14						
9. Webster Groves (17-3-1).....9						
10. St. Dominic (10-3-5).....8						
Also receiving votes: Principia, Ft. Zumwalt South, Rockwood Summit, Collinsville, Aquinas-Mercy, Rosary, Triad.						

	Attack, 7:35 p.m.; 25 — Wichita Wings, 7:35 p.m.	Milwaukee Wave, 8:05 p.m.; 15 — Wichita Wings, 8:05 p.m.; 21 — Cincinnati Silverbacks, 7:35 p.m.; 22 — Harrisburg Heat, 8:05 p.m.	Columbus Invaders, 7:35 p.m.; 22 — Buffalo Bisons, 7:35 p.m.; 23 — Kansas City Attack, 7:35 p.m.	Wichita Wings, 8:05 p.m.; 21 — Columbus Invaders, 7:35 p.m.; 22 — Buffalo Bisons, 7:35 p.m.; 23 — Kansas City Attack, 7:35 p.m.	Grand Marquis 4 DR. LS Mocha.	Grand Marquis 4 DR. LS Mocha.
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Clinton (14-3-43).....37						
Bettendorf (14-3-35).....35						
Vianney (6-7-5).....25						
Hazelwood C. (13-5-1).....14						
Webster Groves (17-3-1).....9						
St. Dominic (10-3-5).....8						

Information on single-game and season tickets, call 962-4625.

Black Cat BLOWOUT

VANS

1996

WINSTAR

RED GREEN.

1996 SLUH

RED OR GREEN.

1995 WINSTAR GL WHITE.

1994 FORD CONV. VAN WHITE.

1993 CLUB WAGON XLT BLK.

1993 AEROSTAR EXT. XLT TAN OR RED.

1992 AEROSTAR SPORT RED.

1990 FORD CLUB WAGON GREY.

1987 AEROSTAR XLT BLUE.

SPORT UTILITY VEHICLES

1995 BRONCO XLT BLACK.

1995 EXPLORER LIMITED 4 DR. WHITE.

1994 EXPLORER XLT 4 DR. WHITE.

1993 EXPLORER 4X2 4 DR. GREEN.

1993 BRONCO 4X4 BLUE.

1992 EXPLORER 4X4 4 DR. BLUE.

FULL SIZE TRUCKS

1996 F-150 XL GREEN OR RED.

1996 F-150 XL SUPER CAB 4X4 RED/SILVER.

1995 F-150 EDDIE BAUER GREEN.

1994 F-150 XLT BLUE.

1994 F-150 XL SUPER CAB GREEN.

1993 F-150 XLT SUPER CAB 4X4 BLUE.

1993 F-250 XLT 4X4 BLUE.

1992 F-150 XLT BLUE/SILVER.

1991 F-150 XLT GREY/RED.

1991 F-150 4X4 XLT RED/WHITE.

1990 CHEV. C-1500 RED.

MID SIZE CARS

1996 SABLE 4 DR. MOCHA OR RED.

1996 TAURUS 4 DR. GREEN OR SILVER.

1994 FORD 4 DR. GREEN OR WHITE.

1994 SPIRIT 4 DR. RED OR WHITE.

1994 TAURUS 4 DR. GREEN.

1993 TAURUS 4 DR. MOCHA OR GREEN.

COMPACT CARS

1996 CONTOUR 4 DR. GREEN OR WHITE.

1996 MYSTIQUE 4 DR. MOCHA OR TEAL.

1995 CONTOUR 4 DR. WHITE OR RED.

1995 ESCORT 2 DR. RED OR GREEN.

1995 ESCORT 4 DR. SILVER OR RED.

1995 ASPIRE 2 DR. RED OR TEAL.

1993 TOPAZ 4 DR. WHITE.

1993 TEMPO 2 DR. GREEN.

1993 LEMANS 2 DR. WHITE.

1993 ESCORT 4 DR. GREY.

1992 SPIRIT 4 DR. WHITE.

1991 SUNBIRD 4 DR. GREY.

1990 PLYMOUTH ACCLAIM 4 DR. RED.

COMPACT TRUCKS

1996 RANGER SUPER CAB 4X4 GREY.

1995 RANGER XLT GREEN.

1993 F-250 XLT 4X4 BLUE.

1992 F-150 XLT BLUE/SILVER.

1991 F-150 XLT GREY/RED.

1991 F-150 4X4 XLT RED/WHITE.

1990 DODGE DAKOTA BLUE/SILVER.

LUXURY CARS

1996 GRAND MARQUIS 4 DR. LS MOCHA.

1996 TOWN CAR 4 DR. WHITE.

1996 CROWN VICTORIA 4 DR. WHITE.

1994 LINCOLN MARK VIII BLUE.

1993 GRAND MARQUIS LS GREEN OR BLUE.

1992 CROWN VICTORIA LX BLUE.

1992 TOWN CAR 4 DR. RED.

1992 GRAND MARQUIS LS MOCHA.

1991 TOWN CAR 4 DR. BLUE.

1990 OLDS REGENCY 4 DR. WHITE.

1996 COUGAR XR-7 RED.

1996 MUSTANG BOSS BLUE.

1996 T-BIRD LX BLUE.

1995 MUSTANG CONV. WHITE.

1995 T-BIRD LX GREEN OR BLUE.

1994 GRAND AM GT 2 DR. WHITE.

1994 MUSTANG 2 DR. RED.

1994 LUMINA 2 DR. RED.

1994 PROBE GT 2 DR. RED.

1994 MUSTANG CONV. WHITE.

1993 CAVALIER CONV. WHITE.

1993 PROBE 2 DR. WHITE.

OTHER SPORT CARS

1993 LEBARON CONV. WHITE.

1993 COUGAR XR-7 RED OR WHITE.

1991 FIREBIRD T-TOPS WHITE.

1990 REGAL LIMITED 2 DR. RED.

1989 ESCORT 2 DR. RED.

1986 BUICK SOMERSET 2 DR. RED.

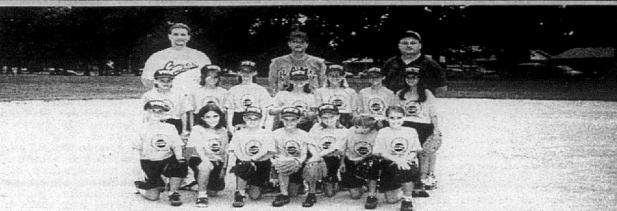
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Cardinals Team of the Week

Sponsored by Alliance BlueCross BlueShield



The Thunder softball team went 14-0 this season and won league and playoff titles in the Granite City Park District Ponytail Atom Division. The Thunder batted .751 as a team. Team members include (front row from left) Krista Legate, Lauren Smith, Amie Carr, Lauren Horton, Jenny Janeck, Erin Dix, Kristen Wilson; and (second row) Lindsay Boyer, Katie Root, Sarah Demaree, Jamie Davis, Ashley Finch, Laura Mills and Lauren Riggs. Standing with the team are (from left) coaches Mark Wilson, Alan Legate and Don Dix. Not pictured: Ashley Meuren, Hannah Kutosky and coach Mark Davis.

Men's basketball

The Granite City Park District men's basketball team

Men's basketball

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Men's basketball

SPORTS

Sports shorts

Officials needed

The Granite City Park District is currently looking for basketball officials for adult leagues to be played on Tuesdays, Wednesdays and Thursdays evenings from 7, 8 and 9 p.m. The leagues run from Nov. 19 to March 1997 and are played at local middle and elementary schools.

Anyone interested should call Ray Hoffman at the Wilson Park office, 877-3059.

Adult basketball league

The Granite City Park District is holding a senior basketball league. Games will be played on Wednesday evenings at Prather Elementary School or Grigsby Middle School. The leagues are open to players 35 years old during the current calendar year.

Registration is now being taken, and the fee is \$230 per team. Anyone interested in the program should contact the Wilson Park office at 877-3059.

Men's leagues forming

The Granite City Park District men's basketball leagues are being formed. The leagues

will play at Prather and Grigsby schools on Tuesday, Wednesday and Thursday evenings this fall and winter. The entry fee for all leagues is \$230 per team and the starting date for the program is Nov. 19.

The deadline for registration is Oct. 25. For more information, call Ray Hoffman at the office, 877-3059.

Indoor soccer tourney
Applications are being taken for the 10th annual Metro East Indoor Tournament of Champions, 24-25 and Nov. 29-Dec. 1 at the Ball Park Sports Center in O'Fallon.

The indoor soccer tournament is open to all boys and girls outdoor and indoor recreation centers, with players who were born between Aug. 1, 1982 and July 31, 1990 — basically first through eighth-graders.

The fee is \$130, with three games guaranteed, individual and team awards will be given, depending on the number of entries in each division.

The Ball Park Sports Center, the Althoff High School boys soccer program and Downtown

Imprints '96 SC, a select team from the Collinsville-Troy area, will serve as hosts for the tournament.

For more information or to receive an application, call Bill Smig at 344-0984 or 632-1002.

"RJ" Krause All-Stars

The "RJ" Krause All-Stars seek basketball games and tournaments for boys and girls teams in grades 5-10. The club also needs sports equipment, such as basketballs, basketballs, used basketball shoes, sports magazines, books, games or trading cards. For more information, call Krause at 398-1201.

Boys basketball tournament

The annual KMOX Metro Collegian Boys Basketball Tournament will be held Dec. 20-22 and Dec. 27-29. There are divisions for fifth, sixth, seventh and eighth-grade boys, with a three-game minimum. For more information, call Joe at (314) 849-0496 or Bryan at (314) 291-3521.

Prep football

Southwestern Conference

Team	W	L	Overall
Edwardsville	6	0	6-0
East St. Louis	5	1	5-1
Collinsville	4	2	4-2
Granite City	3	3	3-3
Bellwood-Antioch	2	4	2-6
Bellefontaine West	1	5	1-6
Alton	1	5	1-6
ESL Lincoln	1	5	1-6

Vandalia at Breese Central, 7:30 p.m.

Gillespie at Columbia, 7:30 p.m.

Alton Marquette at Waterloo, 7:30 p.m.

Carlyle at Elkville Elverado, 7:30 p.m.

Freeburg at Breese Mater Dei, 7:30 p.m.

Mississippi Valley Conference

Team	W	L	Overall
Edwardsville	4	1	4-1
Collinsville	4	1	4-1
Jerseyville	4	1	4-1
Moscauh	2	3	4-4
Roxana	1	4	3-5
Wood River	1	4	3-5
ESL Lincoln	1	4	1-7

Friday, Oct. 18

Edwardsville at Granite City, 7:30 p.m.

Jerseyville at Belleville West, 7:30 p.m.

Mount Zion 36, Wood River 21

Saturday, Oct. 19

East St. Louis 28, Granite City 8

Bellefontaine West 40, ESL Lincoln 6

Friday, Oct. 25

East St. Louis at Alton, 7:30 p.m.

Edwardsville at Granite City, 7:30 p.m.

Carlyle at Belleville West, 7:30 p.m.

Friday, Oct. 25

Triad 28, Freeburg 18

Jerseyville at Highland 15

Mount Zion 36, Wood River 21

Saturday, Oct. 26

Carlyle at Centralia 42, Mascoutah 18

Friday, Oct. 25

Triad at Civic Memorial, 7:30 p.m.

Mascoutah at Highland, 7:30 p.m.

Jerseyville at Wood River, 7:30 p.m.

Saturday, Oct. 26

South Central 24, Centralia 17

Friday, Oct. 25

Centralia 22, Marion 6

Carlyle 21, Marion 17

Columbia 20, (Mc.) Hickman 40,

O'Fallon 26

Friday, Oct. 18

Centralia 22, Marion 6

Carlyle 21, Marion 17

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COMMUNITY NEWS

Community calendar

Our event calendar also includes entries for community groups and their regular meetings. Such groups meet on the first Monday of the month, the first Tuesday of the month, etc. Readers are asked to call these groups if holidays or other days pose uncertainty.

Corrections, additions and deletions of information are encouraged. New entries may be added at anytime by calling the newsroom at 976-2000.

This calendar runs in every Wednesday's Journal.

Wednesday, Oct. 23

Disabled American Veterans Chapter 53 will offer a service officer from 1 to 3 p.m. at the Tri-City Veterans Home, located at 1417 19th St., in Granite City. Call 876-7816 for more information.

Pontoon Beach Senior Citizens bingo, noon, 3910 Illinois 11, Pontoon Beach.

Pulmonary Support Group, 9:30 a.m. Those diagnosed with condition, 11 a.m. to noon. 4-Doctors Solarium, St. Elizabeth Medical Center, 798-3019. Al-Anon: 7:15 p.m. Gateway Community Center, Lincoln.

Caseyville. Call 463-2426 or more information.

Alcoholics Anonymous, 8 a.m., St. Elizabeth School's Noah's Ark Day Care, Pontoon Beach. The group is closed except for the last Wednesday of the month.

Divorced and Separated Group Ministry, 7:30-8:30 p.m., Eden United Church of Christ, 3900 Second Street, Edwards, 656-2268.

Parents Anonymous Group, meets 6 to 8 p.m. For information on where meeting will be held, call Elaine Landolt, 652-2714.

Madison Community Action Group, meets at 7 p.m. For more information call Dan at 452-2336 or Diane at 876-1360.

Thursday, Oct. 24

Church Women United

Teachers devise rating system

Teachers in Edwardsville may soon have their own rating system that can be shown in class.

Parents would also have a say in what films and videotapes are played to classes under a school district committee's proposed policy.

The Video Use Policy Review Committee met recently to wrap up work on a draft of the policy, which it began formulating last spring. Craig Louer, assistant superintendent for instruction, presented the draft several hours later to the School Board.

Under the policy, G-rated movies could be shown at any grade level. But from kindergarten through fifth grade, parental permission would be required for unrated movies with potentially objectionable materials. PG-13 and R movies would not be allowed.

Louer said the district has no video policy and teachers expressed a need for guidance on how films like the alleged Schindler's List, The Last Temptation of Cupid and nature videos.

For grades six through eight, parental permission would be needed for PG, PG-13 and unrated movies that might be objectionable. No R-rated movies could be shown.

All movies must be approved by principals in kindergarten through fifth grade.

At the high school, teachers would preview movies and have objectionable parts removed. Anyone showing an R- or PG-13-rated movie would have to write permission from a committee consisting of the principal, department chairman and faculty member.

Movies also have to be relevant to the curriculum, said Louer. When students do not obtain the required parents' permission, they won't be allowed to see the movie. Parents also will be able to preview movies if they choose.

Besides the rating system, principals and teachers ultimately decide if movies are appropriate for the classroom. Louer said he did not want to list specific objections because there always could be new ones that would be exempt because they weren't listed.

"As a principal I'm going to put my 'parent hat' on and give my best guess as to the sense of prudence, it's my responsibility to preview the movies and make my judgments," said John Dean, principal of the junior high.

The Rev. Paul Westbrook attended the review session and expressed concerns about letting all, PG-13 movies be shown at the high school.

"It's a huge free-way," he said of PG-13 movies. "I have a problem with that."

The committee then changed the portion requiring approval for just R-rated movies to both PG-13 and R movies.

From The Telegraph

will meet at 10 a.m. at the Holy Family Community Center.

Madison County Parents Without Partners meets at Nameoki United Methodist Church, 1900 Pontoon Road, Franklin Avenue and Pontoon Road. Located just 16 minutes from Chesterfield Mall.

Call 631-0157.

Bemis Chiropractor, 3361 Fehling Road in Granite City, is offering free electronic spinal screenings from 9 a.m. to noon. Call 876-2273 for more information.

Chouteau Township Senior Citizens, 9 a.m. to 2 p.m., 116 W. Thorngate, 906 Thorngate Drive, Mitchell.

Eagle Park Acre Seniors of Madison meet from 10 a.m. to noon at 100 Hill St. (rear), Eagle Park Acres, Madison, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., Presbyterian Church, Mitchell, 1 (800) 307-6600.

Alcoholics Anonymous, 11 a.m., 2116 Club, 2116 Edison Ave., Granite City, 1 (800) 307-6600.

Narcotics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Narcotics Anonymous, Seeking recovery, 8 p.m., 2016 Delmar Ave., 24-hour hot-line 398-2298.

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Pavilion dedicated — Knights of Columbus Council 1098 dedicated their new outdoor pavilion on Aug. 24.

Briefly

Band performing concert

The Granite City Community Band will perform a concert at 1 p.m. on Sunday, Oct. 27. The concert will be held at St. John's United Church of Christ, 2901 Nameoki Road.

Selections included in the concert will be "Officer of the Day March" by R.B. Hall, "Hail! Hail! The Gang's All Here" by Paul Yoder, "Oz" arranged by Paul Yoder, "Hollywood" arranged by Warren Barker, "The Sorcerer's Apprentice" by Paul Dukas, "At The Gremlins Ball" by Charles Lee Hall, "Alfred

Hitchcock Presents" arranged by Paul Yoder, "Selections from Aladdin" arranged by Paul Moss, "On The Trail" by Ferde Grofe, "Kartoon Kaleidoscope" arranged by Paul Lovewell, highlights from "Jesus Christ Superstar" by Andrew Lloyd Weber, highlights from "Man of La Mancha" by Mitch Leigh, and "The New Colonial March" by Robert W. Smith.

Admission to the performance is free. For information, call Linda at 931-0443.

Costume party slated

The Granite City Park Dis-

trict will hold its annual Halloween Party at Brown Recreation Center from 6 p.m. to 7:30 p.m. on Friday, Oct. 25.

This party is for children in grades Kindergarten through fifth. Children must be in costume. The entertainment for the evening will be provided by a magician. In addition, each child will receive a special Halloween treat.

Wilson the Gorilla will also make an appearance. Everyone attending must register either in person or by phone at the Park Office, 877-3059, beginning Oct. 21.

KIDS! HALLOWEEN COSTUME CONTEST!

Send in your favorite photo of your child (12 & under) in their best Halloween costume. All photos will be published on Wednesday, October 30 and the child with the most creative costume will receive a \$50.00 GIFT CERTIFICATE from Johnnie Brock's and bags of candy weighing an equal amount as the winner! The winner's photo will be published on Wednesday, November 6, receiving their prize. Simply fill out the form below, and mail it in along with your photo entry and \$10.00.

Name _____	Child's Name _____
Address _____	City _____ State _____ Zip _____
Child's Age _____	Child's Weight _____
Method of Payment: <input type="checkbox"/> Check <input type="checkbox"/> Money Order <input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Discover	
Credit Card # _____	Expiration Date: _____
(Child's Name, Hometown and Age will be published—sign here for authorization: _____)	

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DUNDEE
Suburban Journals

Mail To: Suburban Journals
1714 Deer Tracks Trail
St. Louis, MO 63131
Attn: AR

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97 CHRY. CIRRUS

V6, Loaded...



Stock #0707
SAVE \$2,290 YOUR COST
\$16,975*

97 PLYMOUTH NEON 4 DR. SEDAN

Air Conditioned & Much More...



Stock #3626
SAVE \$1,658 YOUR COST
\$10,437*

97 PLYMOUTH VOYAGER

V-6, automatic, cruise, tilt, power locks & mirrors, drivers side sliding door, rear defroster...



Stock #4555
SAVE \$2,520 YOUR COST
\$18,890*

96 RAM 2500

3/4 Ton, 5.9 Cummins turbo diesel, trailer tow pkg. & more...



Stock #6917
SAVE \$4,252 YOUR COST
\$22,829*

96 DODGE STRATUS ES

V-6, automatic, leather, premium sound w/power antenna, personal security pin, power seat...



Stock #9987
SAVE \$3,399 YOUR COST
\$17,241*

96 DODGE CARAVAN

V-6, automatic, cruise/tilt, pw. mirrors, rear defrost, tinted glass, driver side sliding door, air conditioned, 7-pass. seating. Loaded...



Stock #5415
SAVE \$2,203 YOUR COST
\$18,397*

96 DODGE INTREPID

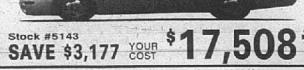
V-6, automatic, pw. seat, AM/FM/Cass., power windows, locks, mirrors...



Stock #7098
SAVE \$3,361 YOUR COST
\$16,974*

96 SEBRING LX

V-6, automatic, air conditioned, power windows, locks, mirrors, cruise, tilt, stereo/cass. Must see...



Stock #5143
SAVE \$3,177 YOUR COST
\$17,508*

*Price includes all applicable rebates. College Grad take off additional \$400.00. Sales tax, license, title / D.O.C. fee extra.

Cassens
EDWARDSVILLE/GLEN CARBON
CHRYSLER • DODGE • PLYMOUTH

Births

Raggetti-Malynski
Julie Raggett and Glenda Malynski have announced the birth of their first child, a son. Nicholas Michael was born at 7:46 p.m. Aug. 10, 1996, at St. Elizabeth Medical Center in Granite City. He weighed 7 pounds, 10 ounces.

Maternal grandparents are Michael and Linda Jones of Granite City.

Paternal grandparents are Jules Ragetti and Julia Elmore of Granite City.

Ozanich

Michael and Christine Ozanich of Granite City have announced the birth of their third child, a boy.

Nathaniel Scott was born at 7:37 p.m. July 29, at Oliver C. Anderson Hospital in Madison. He weighed 6 pounds, 9 1/2 ounces.

Maternal grandparents are Anthony and Olga Evansoff of Granite City.

Paternal grandparents are Miriam and Gerald Ozanich of Granite City.

Hollis-Mitchell

Willie Hollis of Venice and Karen Mitchell of Madison have announced the birth of their child, a boy.

Dermot Marquis was born at 4:42 p.m. Aug. 7, 1996, at St. Elizabeth Medical Center in Granite City. He weighed eight pounds 1 ounce.

Maternal grandmother is Marge Galbraith of Granite City.

Paternal grandparents are Charles and Nina Morris of Granite City.

Galbraith

Michael W. and Denise Morris of Granite City have announced the birth of their first child, a boy.

Autumn Marie was born on Aug. 12, 1996, at St. Elizabeth Medical Center in Granite City. She weighed 6 pounds, 6 ounces.

Maternal grandmother is Dr. Peter and Mary Garich of Granite City.

Paternal grandparents are Charles and Nina Morris of Granite City.

Granite City.

Spiroff

Christopher and Cherie Spiroff of Granite City have announced the birth of their second child, a boy.

Nathaniel Scott was born at 7:06 p.m. Aug. 9, 1996, at St. Elizabeth Medical Center in Granite City. He weighed 7 pounds, 11 ounces.

Maternal grandparents are Larry and Cheryl Woll of Granite City.

Paternal grandparents are Jorge and Rosa Escoba of Palmillas, Mexico.

Broadwater

Brett and Michelle Broadwater have announced the birth of their second child, a daughter.

Dawn Michelle was born at 3:06 p.m. Aug. 15, 1996, at St. John's Mercy Medical Center. She weighed 6 pounds, 7 ounces, and joins brother, Brandon.

Maternal grandparents are Robert Knobloch of Granite City and Priscilla Lemart of Meramec, Texas.

Paternal grandparents are Gerald and Vivian Broadwater of Granite City.

Escarob-Darleth

Antonio Escobar and Jennifer Darleth of Madison have announced the birth of their first child, a boy.

Autumn Marie was born on Aug. 14, 1996, at St. Elizabeth Medical Center in Granite City. She weighed 6 pounds, 6 ounces.

Maternal grandmother is Margaret Galbraith of Granite City.

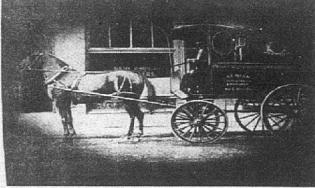
Paternal grandparents are Mike Faddis and Debbie Ford of Granite City.

Paternal grandparent is Hector Escobar of Mexico.

NASH

Funeral Home

"The Home of
The Red Carpet
Treatment"



- Exceptional Service Since 1913 in Illinois and Missouri
- 2nd & 3rd Generation Operators
- Licensed for Pre-Arranged Burials

874-9225 or 274-0900

We Accept:



144 No. 16th, E. St. Louis

(corner of 16th and Kansas)

1 block South of Rt. 15 (old 460)

**IF YOU'RE A WOMAN
OVER 35, AND
HAVEN'T HAD A
MAMMOGRAM,
JUST THINK WHAT
YOU COULD BE
MISSING.**

You could be missing the early stages of breast cancer. A lump so tiny, it would be impossible to feel. And everyone knows the importance of discovering any cancer early. That's why a mammogram is so valuable in detecting many forms of breast cancer.

Why take the risk? For your own reassurance, call Memorial's Mammography Center at 257-5065, to find out more about this cost-effective, life-saving exam.



MEMORIAL HOSPITAL

4500 Memorial Drive
Belleville, Illinois 62226

Memorial's Mammography Center - state-of-the-art testing in private surroundings...close to home.

ORGANIZATIONS

October 23, 1996—Granite City Journal—Page 7B



New Eagles Members — Four new members were initiated at the Sept. 10 meeting of the Granite City Eagles Auxiliary 1126. Pictured, from left, are Leslie Brown, Elaine Petty, President Susan Allen, Dawn Valente, and Cynthia Woodard.

Briefly

Retired

personnel meet
Retired office personnel, Granite City School District No. 9, had their October meeting at Ninth Street Abbey.

Those attending were: Barbara Lamer, Mary Bunge, Wanda Kutzera, Dorothy Lamer, Millie Chandler, June Schneider, Lucille Caban, Harriet Mercer, Frieda Andrews, Marcella Pilcher, Helen Fawcett, Vivian Hillen, and Helen Tonoff.

Marcella Pilcher, November hostess, has made reservations at the Stockyard Inn.

Show slated

The Metro-East East and Jacksonville will hold its 25th Anniversary Show and Sale from 9 a.m. to 3 p.m. Sunday, Nov. 3. It will be held at the Gateway Center in Collinsville. Dealers from several states will be in attendance offering old bottles, insulators, fruit jars, advertising, stoneware, sodas, inks, milks, etc.

Admission is \$5 for adults and children are free. For further information, call (618) 224-7353 or (618) 234-8736.



Scholarship fund — Jericho Lodge No. 120 Free and Accepted Masons of Madison, affiliated with the Most Worshipful Prince Hall Grand Lodge of Illinois, recently donated \$2,167 to the Bro. Wade E. James Memorial Scholarship Fund, which provides financial support to graduates of Madison and Venice high schools. The fund, organized nine years ago, was recently named for James, who was instrumental in establishing the fund but who died last month, by order of Worshipful Master Min. Bro. Dwight Woods Sr. with the consent of the craft. The recent contribution came from friends and family in memory of James. Future contributions can be made payable to Jericho Lodge No. 120 and mailed to Mrs. Hilda James, 630 Broadway, Venice. Pictured from left, front row: P.M. G. Tyus Jr., Hilda James and W.M. D. Woods; back row: P.M. L. Peterson, P.M. D. Turner Jr., Bro. C. Johnson Sr., Bro. J. Perkins, and S.W. A. Ware.

King Koil Trade-In Sale

FOR A LIMITED TIME - YOUR WORN OUT SET OF BEDDING IS WORTH \$100 TRADE-IN ALLOWANCE

LIMITED TIME TRADE-IN
SAVE AN ADDITIONAL \$100 OFF ANY KING KOIL POSTURE BOND SET

King Koil Posture Bond Regent

TWIN Set	LESS FINAL SALE Trade-In COST
\$399	\$100
FULL Set	\$399
QUEEN Set	\$399
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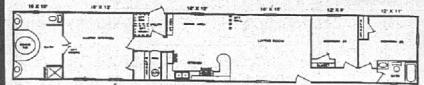
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Pictured, from left, are Lou Hencken, Eastern Illinois University's vice president for student affairs; Donnay Delay of Granite City; and Herb Lasky, Eastern's honors programs director.

Cold weather's coming! It's time for Winter Mulch from the experts at

FRANK'S®
NURSERY & CRAFTS

Where Beautiful Things Begin

J ust think, in less than two months, winter will officially arrive. Of course the preliminary events could begin any time before that. And that brings thoughts of winterizing.

Not many would think of attempting to get the car through the winter with a worn-out battery or old anti-freeze. Makes about as much sense as leaving the boat sitting in the water at the mercy of the ice.

The list goes well beyond that, if you're a gardener. Plants of all types need to be protected against the elements. And now's the time to do it.

Winter mulch offers ideal protection. What's winter mulch? Much of it is the same stuff you'd use in the middle of summer. Pebbles, bark nuggets and shredded bark work just as good in winter. Hay, straw and shredded leaves are also excellent mulches. After the holidays, tree boughs and roping come into the picture.

There's another great mulch available in winter, and it's absolutely free. Snow. Some call snow beautiful, others refer to it as picturesque, and some use words that wouldn't be appropriate to print. Whatever your feelings for it, snow is an excellent natural protective cover.

When you're absolutely sure plants are going dormant is the time to apply winter mulch. But don't wait too long. Apply it before an injuring hard frost. A light covering of mulch won't do much good. Spread a two- to four-inch layer of mulch over the soil. Be sure to cover the root zone of the plant.

Never mound mulch against trunks and stems of trees and shrubs. Leave a few inches of space between the bark and the edge of the mulch to discourage rodents from gnawing on the bark.

Take these few precautions now, while the weather's still tolerable,

and you'll give your plants the best possible chance to survive the winter.

Decorating Time
If you're just itching to do a little seasonal decorating but feel it's a little early for Christmas lights, you're in luck. We have a few ideas.

How about a potted plant placed inside a pumpkin? It's a neat fall decoration that's easy to create.

Select a pumpkin that's big enough to conceal the pot. Then hollow out the pumpkin. Don't expect the kids to help here, since the contents of a pumpkin don't appeal to them in a big way.

Once all the innards have been disposed of, place the plant inside the pumpkin. You can add sprigs of dried grass or baby's breath in the plant for filler.

Wreaths can be decorated with ribbon and autumn-colored silk and dried flowers. Add extra color by draping strings of cranberries or candy corn. The candy corn can be strung around the wreath just like popcorn.

Makes Good Scents
Fall's homey aromas can be enjoyed without spending a lot of time in the kitchen. Fill a simmering pot with a potpourri fragrance like pumpkin. Or, fill a basket with pine cones and add your favorite potpourri. Set the basket beside the hearth or on a table. And enjoy!

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Watch Sunday's Journal for more tips from the experts at Frank's!

SCHOOL NEWS

October 23, 1996—Granite City Journal—Page 6B

DeLay earns continuing scholarship

The Eastern Illinois University honors programs recently held its annual awarding day ceremony, honoring students who completed university and departmental honor programs, recipients of continuing student scholarships and inductees into Eastern's Mortar Board Society.

The honors programs are designed to nurture not only students' academic development, but also their social, professional and personal development as well.

Forty-six seniors graduating at Eastern's spring or summer commencement were recognized for their superior academic achievements with a hand-crafted pewter pin containing the Eastern emblem. The pins were given by Tom Weller, interim provost and vice president of academic affairs.

To graduate from the university's honors programs, students must complete 21 semester hours of honors courses, a four-credit-hour honors senior seminar and have a cumulative grade point average of 3.0.

Departmental honors programs students must complete 12 credit hours of honors courses, a honors thesis and maintain a 3.5 grade point average.

Twenty-nine students were inducted into Eastern's Mortar Board Society, a national honorary organization that recognizes college students for their superior scholarship, outstanding and continual leadership and dedicated service to campus and community activities.

The honors programs also awarded 22 honors students with \$1,000 continuing student scholarships. These awards were awarded to students enrolled in the honors programs and who have demonstrated superior academic ability and have been active in the community.

Donna DeLay, daughter of Al and Lucille DeLay of Granite City, was a recipient of a continuing student scholarship. DeLay is a 1993 graduate of Granite City High School and a senior elementary education major at Eastern.



Bravo!

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Luncheon Served 11:00 am - 2 pm
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Prices: Adults: \$4.00
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Nameoki United Methodist Church
Pontoon and Primrose
Granite City, IL

Kleindorfer
Clad A. Kleindorfer has been named a commended student in the 1997 National Merit Scholarship Program.

A letter of commendation from the school and National Merit Scholarship Corporation, which conducts the program, will be presented to Kleindorfer, who is a senior.

About 35,000 commended students throughout the nation are being honored.

Although they will not continue in the competition for Merit Scholarship awards, 100 commended students placed among the top five percent of more than a million students who entered the 1997 Merit Program by taking the 1995 Preliminary SAT/National Merit Scholarship qualifying test.

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ENTERTAINMENT

October 23, 1996—Granite City Journal—Page 11B

Horoscope

Wednesday, Oct. 23

The Pisces moon allows you to sort out some feelings so you can soon move on to a new personal phase. The wisdom of your moon can also be used to move relationships on to their next phase. Platonic relationships could turn romantic, and vice versa. Spiritual needs will get stronger. Intuition is sharpened. Resolute to handle all obstacles in an intuitive, creative manner.

ARIES (March 21-April 19). Someone you are dealing with is being a pain in the butt. Exercise and sports are successful. Recent disagreements with a love are not important and should be forgotten. Play hard and get with a friend.

TAURUS (April 20-May 20).

You are overly sensitive to



Joyce Jillson

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domestic duties. You can handle anything.

GEMINI (May 21-June 21). Take time to sort out priorities. You must delegate responsibilities. Child-care facilities are popular now among mothers. Consider returning to school, at least part time. A Pisces utilizes your skills for a social event.

CANCER (June 22-July 22). A current rumor is untrue. Use logic, as everyone around you is reacting emotionally. New exhilaration from creative projects spurs you to new ambitions and goals. You never ask for more, and you're never holding back.

LEO (July 23-Aug. 22). You get more assistance from acquaintances than from your friends. You must budget your

time more carefully. Teens like to see you and be with you. Step-children change their minds. Be careful not to act out of pride.

TODAY'S HOROSCOPE (Oct. 23). Cancer ahead as you green light for big projects and self-improvement efforts in November. A promotion at work is in the bag. The holiday season is rolling in, and in December, save for personal goals in January, when you have places to go. True love seeks you out in March, and by July you could be married to a special someone.

VIRGO (Aug. 23-Sept. 22). Confusing circumstances put you on the defensive. Restore your confidence by keeping your word — no matter how difficult it is. Well-known people admire your work and style. A Leo resists your attempts to help.

LIBRA (Sept. 23-Oct. 22). You are influential and savvy. Massive budget cuts at work have not affected you, but are well thought out. Stifle a temptation to settle for short-term gains. If you leave your present job, you will be bombarded with offers. A Leo involves you in a weird scenario.

SCORPIO (Oct. 23-Nov. 21). Scorpio enhances your creativity. Emulate people who have jobs you want. A callous friend is not worthy of your friendship. You dazzle the crowd in a special gathering. You attract Leo and Aquarius admirers.

SAGITTARIUS (Nov. 22-Dec. 21). Take steps to move into a more satisfying career. Gemini receive special help from

management. Men gain from camaraderie at work. Artists get needed encouragement. Referrals are gladly given to you.

CAPRICORN (Dec. 22-Jan. 19). Hard decisions seem harsh but are well thought out. Stifle a temptation to settle for short-term gains. If you leave your present job, you will be bombarded with offers. A Leo involves you in a weird scenario.

AQUARIUS (Jan. 20-Feb. 18). Someone is playing favoritism. It is your imagination. Pertinent questions get to the bottom of things.

PISCES (Feb. 19-March 20). You have difficulty presenting yourself. Take a self-help class or seminar to boost your confidence.

8. Who was manager of the 1964 Cards?

9. Who was the Kansas City runner who made it to first base on an umpire's Don Denkinger's wild pitch in the sixth game of the 1985 series?

10. Which St. Louis pitcher won three games in the 1946 World Series?

ANSWERS: 1. Babe Ruth was thrown out trying to steal second base. Not a real bright move. 2. Steve Braun. 3. Mickey Tettleton. 4. Jim Kaat. 5. In 1942, his rookie season. 6. Bob Gibson. 7. Gabby Street. 8. Johnny Keane. 9. Jorge Orta. 10. Harry "The Cat" Brecheen.

(Ken Carbery can be heard as a member of "The KMOX Trivia Party" radio show from 8 to 11 p.m. Sundays on KMOX (1120).)

Cardinals have played in many World Series, making history

By Kevin Carbery
Staff writer

Let's not even talk about what the Cardinals did last night. Instead, I'd rather recall the times when the team made it to the World Series and compiled the second-best championship record in Major League baseball history.

I hope that Cards fans realize how fortunate we have been to have one of the most successful teams in the

majors. No team can compare to the New York Yankees, as any student of the game knows, but the National League squad with the most World Series championships is the St. Louis Cardinal club. St. Louis has won nine championships out of the team's 15 World Series appearances. The Cardinals have been part of some of the most interesting and exciting World Series games ever played.

In the team's first World Series appearance in 1926, the

Cardinals defeated the Yankees in seven games. This was the series with the famous confrontation between St. Louis pitcher Grover Cleveland Alexander and Yankee second baseman Tony Lazzeri. With the bases loaded in the seventh inning of the seventh game, Alexander came in from the bullpen and struck Lazzeri, who had been hitting long before my father was even born, but hearing about it is still thrilling to me.

The 1934 World Series between the Redbirds and the Detroit Tigers was full of madcap moments as the Gashouse Gang had players like Dizzy Dean, Pepper Martin and Leo Durocher in the series in seven games, but not before Detroit fans pelted Joe Medwick with garbage

because he had gotten into a fight with Mary Owen of the Tigers in the final game. St. Louis also won the 1946 championship in seven games against the Brooklyn Dodgers. Eddie Slaughter scored all the way from first in the eighth inning of the seventh game. This is the kind of thing I like to think of when I'm a Cards fan. The St. Louis Indians is of a later era with team players not afraid to get their uniforms dirty.

In the '60s, we had the exciting World Series including the Redbirds. Bill Gibson, Lou Brock and Ken Boyer, among others. The squads of the '80s continued the tradition of running Redbirds.

So, with Thursday was a doomer, remember, it could be worse. You could be a Cubs fan. Let's see how much you

know about the Cardinals' World Series appearances.

1. How was the last out of the 1926 World Series made?

2. In the second game of the 1934 World Series, which loaded walk drove in the winning run in a 5-4 Cardinal victory?

3. Which Detroit Tiger pitcher won three games in the 1968 series?

4. When Tom Lawless hit a homer in the 1987 series, it made how many for his Major League career?

5. Stan Musial played in his first World Series in which year?

6. Who was named the Most Valuable Player of the 1964 World Series?

7. Who was the manager of the Redbirds when they played in the 1930 and 1931 World Series?

8. Who was manager of the 1964 Cards?

9. Who was the Kansas City runner who made it to first base on an umpire's Don Denkinger's wild pitch in the sixth game of the 1985 series?

10. Which St. Louis pitcher won three games in the 1946 World Series?

ANSWERS: 1. Babe Ruth was thrown out trying to steal second base. Not a real bright move. 2. Steve Braun. 3. Mickey Tettleton. 4. Jim Kaat. 5. In 1942, his rookie season. 6. Bob Gibson. 7. Gabby Street. 8. Johnny Keane. 9. Jorge Orta. 10. Harry "The Cat" Brecheen.

(Ken Carbery can be heard as a member of "The KMOX Trivia Party" radio show from 8 to 11 p.m. Sundays on KMOX (1120).)

Lincoln School alumni hold reunion

The Edwardsville Lincoln School Alumni Foundation will celebrate Lincoln School and its alumni with a grand reunion. Hospitality night will be held from 6 to 11 p.m. Friday, Oct. 25, at the Comfort Inn in the hospitality room. Refreshments will be served.

Donation is \$10 per person and may be purchased at the door.

A dinner/dance will be held on Saturday, Oct. 26, at the Knights of Columbus Hall on Marine Road.

Social hour is from 6 to 7 p.m.

Dinner will be served from 7 to 8:30 p.m., and dancing to the music of David Dee and the Hot Tracks will be from 8:30 to 12:30 p.m.

Donations are \$30 per person. For ticket information, call Jeanne or Winston Brown at 656-6011; Shirley or Houston Lowry at 656-3769 or Roberta Spiller at 656-3970.

For more information contact Rosetta Harris at 656-3970.

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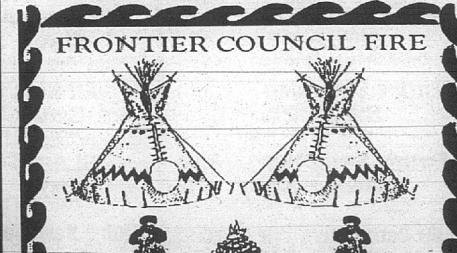
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For more information, contact Family Worship Center at 452-1070.

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BUSINESS

With proper care, IRAs still prove lucrative

If you consider your IRA as merely an extra cushion of cash to supplement other sources of retirement funds, think again.

Pensions, Social Security and earned income provide only about 60 to 70 percent of retirement funds. Your IRA assumes a major role in closing the gap.

Consider this: If you fully funded your IRA since 1974 with the maximum allowable amount, regardless of whether the contributions were deductible or not, you would have more than \$100,000 today if you earned an annual 8 percent rate of return. Yet, despite their tremendous potential as wealth builders, IRAs are too often underfunded and undermanaged.

If you fully funded your IRA when your contributions were deductible and then stopped once the rules changed, you are even worse off. The Reform Act of 1986 sharply curtailed the deductibility of IRAs for many middle and high-income taxpayers. As a result, IRA contributions amounted from a peak of \$38.6 billion in 1986

Brian Mulhall



to approximately \$10.4 billion in 1995.

It's a sad misunderstanding that many people are under the impression that if they are not eligible to deduct for an IRA, that they cannot contribute to an IRA. That is wrong. You can set up or contribute to an IRA if you have taxable compensation during the year and have not reached age 70 1/2 by the end of the year.

Compensation includes wages, salaries, tips, commissions, fees, bonuses, and taxable allowances and separate maintenance payments. You may also be able to set up an IRA for your spouse.

I encourage every reader to

get Publication 590, Individual Retirement Arrangements, from the Internal Revenue Service. Order it by calling the IRS at 1-800-829-1040, or talk with your tax preparer, bank, post office, etc. In this publication you will find a wealth of information about IRAs.

One reason some working Americans forgo making an IRA contribution is that the taxation of non-deductible IRA contributions can be an area of confusion. IRS form 8606, which tracks non-deductible IRA contributions, distributions and basis, is simpler to complete than the 1040.

Certainly the potential to generate extra tens of thousands in tax-deferred dollars is worth a little effort to complete the necessary paperwork. If you do not want to mix non-deductible contributions with deductible contributions, open a new IRA account for each type.

The second part of IRA lethargy deals with how possibly your IRA assets have been invested. Many times, IRA assets have been invested the same way for years.

Without thought to changing market conditions.

Think back to the decision you made, perhaps decades ago, regarding your own IRA. Maybe you put your contribution into one mutual fund year after year and have never investigated whether the investment has met or exceeded your objectives have changed.

Or perhaps your local bank has rolled over your IRA automatically into another company's deposit for many few years with no thought given to prevailing interest rates.

Whether your IRA holds only a few thousand dollars or millions, you can take two immediate steps to increase its value: 1. Resume yearly contributions. 2. Actively manage your account.

If you are unable to become a viable means of support during your retirement, you have to take an active role in managing your IRA. If your IRA is the classic long-term investment, you might consider moving a portion of your assets into securities that have performed well as a group over the long-term.

Historically, equities (growth accounts), despite their short-term volatility, have outperformed other sectors over the long term. In this case it can be made that every retirement portfolio should include a selection of equities to counter the effect of inflation.

However, determining which investment is right for you requires careful analysis of the type of investments you are, matching your feelings toward risk and reward with specific investment choices.

The bottom line: Take care of your IRA by sustaining it through contributions and nurturing it with appropriate investments.

Brian Mulhall is a Partner with America Group Financial Services. His local phone number is 692-9383.

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St. Clair County Business Exposition slated

The St. Clair County Business Exposition will be held from 3 to 9 p.m. Thursday, Oct. 24, at the Elks Lodge, 1481 S. Illinois in Belleville.

The St. Clair County Business Exposition will offer individuals an opportunity to learn more about business opportunities, grant funds, area chamber support and more.

The St. Clair County Business Exposition Joint Planning Committee includes six sponsoring communities: Belleville, Fairview Heights, Lebanon, Scott Air Force Base, Shiloh, Alton, and Edwardsville, as well as the RCGA, offering all attendees an overview of St. Clair County.

Two dynamic guests will speak between 3 and 4 p.m. on addressing the growth of St. Clair County.

Robert Covendale, St. Clair County director of transportation, will speak about the latest developments at Mid-American Airport. Covendale served in the U.S. Air Force for more than 33 years, retiring as vice commander in chief. His military decorations include the Defense Distinguished Service Medal and the Republic of Vietnam Gallantry Cross with palm.

Tim Mouger, senior vice president of economic development for the St. Louis Regional Commerce and Growth Associa-

tion, will discuss RCGA plans as they relate to St. Clair County.

The Elks Lodge in Belleville, one block south of Illinois 159 in Illinois 159 offers easy, accessible parking. Numerous samples of cuisine, will offer guests a tasty diversion as they explore the entire exhibit floor. Prizes will be awarded to guests and include a package with a two-night stay in St. Clair County.

Tickets are \$3 at the door and the exhibits will be open from 4 to 8 p.m. Call Mike Hemmer at BEPI at 233-2015 or any of the associated local chambers for additional information.

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Thaw it, the soup, INSIDE
Hea Food pre INSIDE
Blue From dr s INSIDE
Test Savory f taste for INSIDE
Mic Prolific a orful sign INSIDE
Live Rice pilaf flavor. In about 5 Stir in 1- apple juice per. Cook additional minutes

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Fres A baked without a way down sugar and of apple. minutes. nuts, bre oatmeal, hot or pe nuts and tional over tom of pa

Big A chicken. Starched cut dice cup fat-free tations, each ries with maize. Two and 25 caling with calories, and 40 ca

Futu ers is the food. It close at Patrons food-deliv pizza and

Today's Food

Wednesday, October 23, 1996

Food & Nutrition

Wise Ways

Thaw it, let it rise, then shape into whatever bread suits the soup, dip or sandwich filling it holds.

INSIDE

Heart-y Bites

Food prepared in grandmother's kitchen tastes better.

INSIDE

Blue Ribbon Cook

From dressing to crunch, apples add sweet, winning tang to slaw.

INSIDE

Test Run

Savory flavors instantly fulfill quest for those with a taste for grits. Testers give Quaker's variety pack a try.

INSIDE

Micro Raves

Prolific acorn squash's hard exterior hides flavorful, colorful sign of autumn.

INSIDE

Lively Taste

Rice pilaf often relies on extra oil and melted butter for flavor. Instead, heat rice in microwave, covered with paper, cooking spray about 6 minutes, stirring occasionally, until light brown. Stir in 1-1/2 cups chopped onion, 1 cup dry white wine or apple juice, 1 teaspoon leaf thyme and 1/2 teaspoon pepper. Cook 2 minutes until liquid evaporates. Stir in 1 cup additional broth. Cook, stirring occasionally, about 5 minutes until liquid evaporates and rice is tender.

Health & Fitness

Medicine Chest

Changing viruses precipitate annual trek for a flu shot.

INSIDE

Fresh Picks

A baked apple is a microwave marvel. Core an apple without cutting all the way through. Peel one-third the way down from stem end. Combine 1 tablespoon brown sugar and 1/2 teaspoon butter or margarine. Fill center of apple. Sprinkle with cinnamon. Microwave 2 to 2-1/2 minutes on high power. Vary filling with raisins and nuts, breakfast cereal, sausage and oatmeal, sugar and oatmeal, pancake syrup and raisins, cheddar cheese, red hot or peppermint candies, coconut and caramel, hazelnuts and chocolate chips, or cranberry sauce. In conventional oven, bake with a few tablespoons water in bottom of pan in preheated 350° oven 45 to 50 minutes.

Big Fat Tip

A chicken salad sandwich holds as much fat as desired. Start with 12 oz. of cooked chicken, add 1/3 cup diced celery and 1/8 cup chopped fresh dill. Add 1/2 cup diet-free dressing. Divided into four (1/2-cup) portions, each serving has 3 grams fat and about 200 calories with fat-free sour cream, 250 with fat-free mayonnaise. Two tablespoons chopped pecans adds 1 gram fat and 25 calories to each serving. Replacing half the dressing with reduced-fat sour cream adds 1 gram fat and 10 calories, with reduced-fat mayonnaise adds 5 grams fat and 40 calories per 1/2-cup serving.

Future Shop

A hot item among college students and late shift workers is the vending machine with refrigerated and frozen food. It expands eating possibilities when pizza parlors close at night and cafeteria workers catch their Zs. Patrons determine which foods these 24-hour-a-day, food-delivery systems carry. Like traditionally cheesy pizza and crusty potpie, low-fat items are available, too.

Food for thought

1990s

A student in 1951 digs into his school lunch of tomato soup, egg salad sandwich, freshly baked cake and a bottle of milk.

Rick Graef photo

Today's school lunch serves more fruits, vegetables and grains and less fat, cholesterol and sodium in ways children like to eat. Salads bars and lower-fat hot dogs, burritos and pizza toppings are standard offerings. Here Craig Berry is ready to eat lunch at the Parkway District's Oak Brook School.

By Janice Denham
Staff writer

Some people remember learning to eat at school. Oh, sure, they ate foods their mothers put on the table as soon as their dads got home from work, but fish sticks and chili, even sauerkraut and tortillas were in a new class for people whose families would not allow them in the kitchen.

In 1959 almost half of the nation's schools -- which abhorred hunger from war devastation and economic depression -- had set up some type of food service operation using federal funding. Usually volunteer moms dished out the food.

In 1966 the Child Nutrition Act helped expand the program. Funding to feed needy children and acquire equipment to serve meals was offered. In the 1970s the U.S. Department of Agriculture implemented nutrition requirements. Officially this year marks the 50th anniversary of the lunch program. Last year the School Breakfast Program celebrated its 20th birthday.

Today 6.4 million children are served breakfast and 26 million are served lunch each day.

School kitchen staffs often deal in distribution rather than cooking, as large schools streamlined operations to deliver food from a central cooking facility.

At the same time, competition from fast-food restaurants -- and peer expectations -- turn lunch providers into marketing strategists. Salad bars, yogurt stations and pizza days compete head-on

SEE FOOD FOR THOUGHT,
INSIDE TODAY'S FOOD PAGE 2

FUEL FOR SCHOOL

As part of their menus, school food directors offer milk for its high protein, calcium, riboflavin and potassium content.

One cup (8 ounces) milk is considered a serving for a child in kindergarten through high school, but 1 cup yogurt or 1-1/2 slices (1-1/2 ounces) cheese also qualifies.

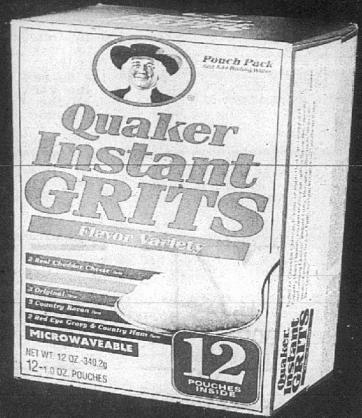
Children who eat breakfast can listen to a teacher better, because they do not hear their stomachs rumble. They score better on tests and are tardy and absent less.

A bowl of cereal with milk and fruit qualifies as a decent breakfast. On another morning, toast 1 slice whole wheat or oatmeal bread. Spread with 2 teaspoons peach or strawberry preserves or applesauce. Top with 1/2 slice turkey ham, 1 slice canned pineapple and 1 slice cheese. Set on paper plate. Microwave about 30 seconds until cheese just starts to melt. This open-faced sandwich also can be baked on a jellyroll pan 5 minutes in a preheated 400° oven.

For other recipes -- "Smart Starts" -- to fix at home, send 25 cents and a self-addressed, stamped, business-size envelope to: National Dairy Council, Department ROP/Breakfast Recipes, 10255 W. Higgins Road, Suite 900, Rosemont, Ill. 60018.

Today's Food

Test Run



Savory flavors are packed with original grits in individual portions.

Folks pick grits by flavor packet

The line for grits usually forms to the south, but displaced grits-lovers roamed far north of the Mason-Dixon line.

Last week's test of Quaker instant grits provided original, plus savory samplings—cheddar cheese, real butter, country bacon, and country gravy.

A pack of 12 individual pouches costs \$1.99 at Dierberg's. Twelve-pack boxes of all-original or all-butter flavored instant grits are also available at other local markets.

Testers overall thought the product might find a niche in some people's kitchens. Those who miss the specialty of the South and eat in single portions might be first in line to savor them. The plainer flavors with individual additions gained the most compliments.

"The grits were great. I'm a grits fan and thought they were as good as any I've had, very easy to prepare, too," a tester said. She added salt, plenty of pepper, and an individual package of butter flavoring to a packet of original grits.

Another grits fan thought the texture and consistency were surprisingly good for an instant product. She tried the cheese grits.

"I'm used to garlic cheese grits and would probably add a bit of garlic to the grits if I tried the same thing again," a tester said. "It would enhance the cheese flavor to my liking," she said.

If served as a breakfast food, she favored the individual packets, but her family eats grits as a side dish instead of potatoes. "The instant grits would be impractical for her family of four with two growing sons."

Another tester was surprised at how quickly the grits reconstituted.

"I guess I'm used to oatmeal, where it takes just a couple minutes to get them to texture. All I did was heat the milk, add the grits and they were ready to eat instantly," she said.

"I liked the bacon one better. It had lots of salty-bacon flavor with a little bit of imitation bacon. The country bacon flavor had more grittiness and kind of a weekend meat flavor," she said.

All flavors of the grits have about 100 calories per packet.

One other taster called grits a "fun change of pace" for breakfast.

"The grits were good. I had the original. Even though it was the unflavored variety, it had a good flavor."

Food for Thought

Continued from page IC. With traditions and impressions to offer, kids meals that help them learn.

USDA this year required schools to follow the Dietary Guidelines for Americans, with more emphasis on offering a variety of foods, particularly vegetables, fruits and grains, limiting total fat to 30 percent and saturated fat to 10 percent of calories; using salt and sodium in moderation; and choosing an eating pattern low in cholesterol. Computation of menus is over the course of a school week.

Although the program was supposed to be implemented at the beginning of the school year, states were allowed to offer a two-year waiver to let meal providers introduce the system in their school districts. Both Missouri and Illinois allowed the variance.

Hilda Rafferty, school food director for the Ritenour School District, is president this year of the

School Food and Nutrition Directors Association of St. Louis.

"In this area we have been on the track for some time, with support from the heart association and other groups that are very active with us in promoting healthy meals," she says.

A 30-year veteran of the effort to keep students healthy and ready to learn, Rafferty says, "This is a challenge in capital letters, but it is a good one. This is one of the best changes that is going to happen."

Last spring Ellen Haas, undersecretary of the U.S. Department of Agriculture, visited the Ritenour School District to promote Team Nutrition, the government's effort to teach children about nutrition.

Haas was asked for her menu. When it was evaluated, it came in at 28.4 percent of fat from calories. That included turkey dogs and chicken nuggets, healthier variations of foods

Micro Raves

By BETTY SERATI

Squash significant to autumn

Autumn brings change in activities. Families pick apples instead of strawberries, and kids play football instead of baseball. The scenery changes, too, to crimson leaves and golden mums, instead of bright sunflowers and pink roses.

Just as noticeable is the transformation in cooking. Hot, soupy soups and stews replace chicken and ribs from the grill.

A big indication of this seasonal transition is the fresh produce seen in grocery stores and produce stands. Apples dominate the colorful fruits, but the squash aisle looks dramatically different, too.

Zucchini, in July prolific as baby bunnies, becomes scarce, while hard-shelled winter squashes flourish.

The most famous winter squash is pumpkin, which has its own status. A popular winter squash used to be a meal accompaniment to the acorn squash.

Acorn squash is shaped like a small, dark green pumpkin. The meat inside is deep orange in color. Its

flavor is delicious, not strong, making it ideal for blending with other flavors or for stuffing. Brown sugar enhances its sweetness.

In a conventional oven, bakes an acorn squash in no less than an hour. In a microwave oven, cooking takes about 7 minutes per pound.

Versatile acorn squash can be prepared many ways.

The hard shell always must be punctured in some way before cooking to prevent steam building up inside. The easiest way to do this is to cut the squash in half, then scrape the seeds and fibers from the solid flesh. This is a much easier job before cooking, rather than when the squash is hot and steamy.

Once the seeds and fibrous membranes are removed, the halves are placed cut-side down in a glass baking dish. Plastic wrap is placed over the dish, but the hard shell provides a convenient covering on its own. Microwave on

high power 7 minutes per pound until it can be pierced easily with a fork.

At that point, the imagination takes charge.

The squash can be scooped out of the shells, combined with a small amount of butter, brown sugar and orange juice and mashed to the consistency of whipped potatoes. Serve it from a bowl or return it to the shells for serving.

Even simpler, place a pat of butter and a tablespoon of brown sugar into each cavity after cooking. A squash half can be a serving, or each half can be cut into smaller pieces to fit individual appetites.

Betty Serati specializes in microwave cooking.

PECAN APRICOT SQUASH

2 acorn squash (about 1 lb. each)

$\frac{1}{2}$ cup buttery cracker crumbs
 $\frac{1}{2}$ cup coarsely chopped pecans
 $\frac{1}{2}$ cup butter or margarine, melted
 $\frac{1}{4}$ cup packed brown sugar
 $\frac{1}{4}$ tsp. nutmeg
 $\frac{1}{4}$ cup apricot or other fruit preserves

Cut squash in half lengthwise. Remove seeds and fibrous membrane. Place cut-side down in glass baking dish. Cover with plastic wrap. Microwave on high power 6 minutes.

Toss together crumbs, pecans, butter, brown sugar and nutmeg.

Turn over partially-cooked squash. Divide the filling among hollow sections of the halves. Top each with 1 tablespoon

Re-cover with plastic wrap. Cook on high power 6 to 8 minutes until squash is tender. Filling thickens upon standing.

Makes 4 servings.

Heart-y Bites

By CHERYL HOUSTON

Nona turns her kitchen into classroom

My fondest childhood memory places me in the kitchen alongside "Nona," my grandmother. It was there she taught me about the world through food.

As a toddler I was a champion at tearing, breaking and snapping skills tearing lettuce, greens, leafy salad, breaking broccoli or carrots for snacking, and snapping garden-fresh green beans for cooking.

Nona transformed her kitchen into a classroom where she discussed colors, flavors, sounds, textures and shapes of different foods.

This process continued as I grew. Pouring sand while playing in the sandbox provided experience for pouring liquids at the table. Even though Nona gave me a small pitcher, my initial effort to stop pouring when the glass was full was too late.

Instead of being angry at the mess I made, she fashioned a homemade teaching tool using a glass and a rubber band. By placing a rubber band around the glass about two inches below the rim, she gave me a visual marker which taught me when to stop so

the liquid wouldn't overflow.

More complicated assignments, such as kneading bread dough, rolling out pie crust and filling homemade ravioli—were added as my culinary skills improved. With each new assignment, Nona would create an animated history lesson describing its origin and emphasizing its importance to our Italian culture.

While the results of my early efforts did not always merit an A-plus, Nona was always encouraging, because she knew there was better way to think about food than by smell, feeling, growing, preparing, tasting and even sometimes wearing it.

I re-created the lessons taught by my grandmother and adapted them for my own children. I, too, try to be patient with their efforts, because I learned a child who scrubs a potato, helps cut it and, better yet, helps grow it rarely refuses to eat it at dinner time.

Making time to be with your children in the kitchen is a terrific opportunity to get a little extra help, have

Northern beans, drained and rinsed, with $\frac{1}{2}$ cup canned diced tomato, $\frac{1}{4}$ cup canned sliced black

olives, 1 teaspoon dried basil and $\frac{1}{2}$ teaspoon minced garlic. Heat over medium heat until hot.

Rinse unpeeled orange. Using grater, rub orange peel of peel against small holes of grater to remove pieces. Measure $\frac{1}{2}$ cup orange rind into small bowl. Add yogurt and well with wooden spoon.

Registered dietitian Cheryl Houston is a member of the nutrition committee of the American Heart Association, St. Louis Chapter.

Add yogurt mixture to carrot-orange mixture. Stir until well combined. Add peanuts. Stir until all ingredients are completely mixed.

Drain orange in strainer. Measure $\frac{1}{2}$ cup and add to carrot mixture. Gently mix in orange sections with rubber band which helps keep the orange sections from breaking.

Serve immediately, or cover with plastic wrap and refrigerate until serving time.

Note: After grating orange peel, separate orange in sections. Wrap them in plastic wrap or place in small plastic bag. Refrigerate to enjoy later as a snack or dessert.

Makes five ($\frac{1}{2}$ -cup) servings; 139 calories, 5 g protein, 19 g carbohydrate, 6 g fat (1 g saturated), 1 mg cholesterol and 95 mg sodium each.

Makes nine ($\frac{1}{2}$ -cup) servings; 132 calories, 22 g carbohydrate, 8 g protein, 2 g fat, 149 mg sodium.

ITALIAN WHITE BEANS

In saucepan, combine 2 cans (16 ounces each) great

kids love.

She sees meals offered at school as everyone's responsibility, from parent to server.

"Everybody's enemy is busy schedules. School food may not be part of what children learn from books, but it is part of their education," she says.

She is a pro at finding ways to entice children to participate in that learning process, from parents' and grandparents' days to inviting stars, like the principal or the chef, to be servers.

"Kids are becoming more conscious of nutrition," Rafferty says. "Even my 4-year-old grandson recognizes the Team Nutrition logo. But it takes a combined consciousness from parents. Any day a parent can be glad to help test

some products to see if they are aware of whether these things are palatable. If you let kids know what is going on, if you let kids have a voice in that, they

french fries. Rafferty laughingly recalls that children usually tell their parents which portion won't have two french fries. On the other hand, a server who distributes a larger portion defeats the purpose of offering more healthful foods.

"When you offer more varieties of foods, kids usually surprise themselves with their choices. When they eat a smaller portion of french fries, they might pick some other fruit or vegetable," she says.

She thinks the federal requirements first had reached manufacturers who provide food directors with prepared foods, like chicken nuggets and french fries, which are not as palatable with less fat.

"We are glad to help test some products to see if they are aware of whether these things are palatable. If you let kids know what is going on, if you let kids have a voice in that, they

love to tell us," she says.

Cindy Reese, food director in the Mehlin School District, says the shift to a more balanced diet is a reflection of the overriding goal of feeding and nourishing children and helping them grow.

"Now we are looking at what food help them do this better," she says.

Habits at home have a lot to do with what goes on at school.

"Years ago you could serve pot roast and kids knew what it was. Of course, parents want children to come to school and have a nutritional meal. Still, when they go home and don't have a bowl of fruit or vegetables to eat, they will go to the pantry for a bag of potato chips," she says.

One of the favorites developed at her schools is soups "with lots of good things in it," she says. It is on the high school menu every day. A new menu

item this year is non-fried quesadillas, prepared with chicken and a moderate amount of low-fat cheese.

Teachers, Reese says, play a big part, too.

"Breakfast, which has to be supervised and needs a little time allowance from teachers, is becoming really successful," she says.

The kids like it because it makes them feel better in the morning, and teachers like it because they see the results."

Under the new requirements, schools must analyze their menus or tap into prepared outlines that already have evaluated them. For some, like Rafferty, this means moving the kitchen into the computer age.

"For some people, this is intimidating and time-consuming, but we have had support from the state in learning how to equip ourselves for the future," she says.

Medi Flu

It is an a cold or lower or flu. It has many pmit themselves time conflu shot for those in your older have or are perceptible to the.

The flu, in influenz, is the respiratory by viruses. A resembles is typically limb.

Symptoms include fever, throat, runny nose, fatigue, muscle aches, etc. Recovery one to two weeks from the lung with lung develop pneumonia complication.

Rec

ROAST

1 whole chicken
8 carrots, cut into pieces
1 small onion
1 cup uncooked rice
 $\frac{1}{2}$ cup water
 $\frac{1}{2}$ cup white wine
1 t.s.p. ground sage
1 t.s.p. thyme
chopped onions
boil. Pour in prepared roasting pan. Turn chicken with onions inside with chicken with onions roasts an fit.

Preheat oven to 350°. Sprinkle with salt and pepper. Remove skin from chicken with a knife. Cut skin off legs and wings. Place legs and wings in a shallow dish. Sprinkle with salt and pepper. Cover with foil.

Roast chicken for 2 hours. Legs move every 30 minutes. Give 15 minutes to cool.

Remove skin from legs and wings. Place legs and wings in a shallow dish. Sprinkle with salt and pepper. Cover with foil.

Roast chicken for 2 hours. Legs move every 30 minutes. Give 15 minutes to cool.

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On-site fitness employee Cindy Reese, left, says a New Jersey worker.

What happens if red meat is too fatty?
You probably minerals.

What's the best way to eat? You probably minerals.

How do you know if you're getting enough fiber?
Your height. Your weight.

Olive oil is the monounsaturated oil of choice.
containing monounsaturates.

Rule of thumb: you start plus time you change.

Get the get-in that keep you part instructor.

Failure
World Health Organization

Todays' Food

Wise Ways

By MARY SCHROEPFER

Freezer shortcuts path to doughy pizza, daisy

Today's convenience foods offer old-fashioned flavor without breaking out a single spoon or mixing bowl.

Simply reach for frozen bread or rolls to create everything from calzone to bagels. Frozen dough gives the flavor and aroma of homemade without the measuring, mixing, kneading and cleanup required with "scratch" breads.

Sue Peterson, consumer representative with Rhodes International, says frozen dough is a popular shortcut for busy consumers, who use it to create everything from pizza and bread sticks to bread sculpture and campfire cooking.

Frozen dough can be defrosted easily overnight in a refrigerator, or in a few minutes in a microwave oven.

To thaw in a refrigerator, simply coat a loaf pan with nonstick cooking spray and place the frozen loaf in the center. Cover the frozen loaf with plastic wrap sprayed with nonstick cooking spray to keep the dough from sticking while rising. Place frozen dough in the refrigerator 6 to 8 hours.

To thaw rolls in a microwave, place 6 frozen rolls on a plate. Cover with plastic wrap and microwave on high power 25 seconds. Rotate dish, turn over rolls and microwave 25 seconds

At this point, frozen dough can be reshaped into "fun" designs like snowmen, daisies, bread sticks, pretzels, bears or allowed to rise and bake like, well, bread.

Those who are careful about sodium should note that frozen bread dough carries an unusually large amount of salt. Salt controls how the yeast grows and multiplies through the freezing process.

For more information on using frozen dough, contact Rhodes Bake-N-Serve Recipes, Box 25487, Salt Lake City, Utah 84125, or call toll-free 1-800-876-7333. Ask for a free 11-page recipe

book, "Easy Recipes for Frozen Roll and Bread Dough."

Frozen dough can be used to create this easy soup bowl which will "wow" guests at the next tailgate party or fall harvest warming. Each serving equals at least 3 slices of hearty bread.

Home economist Mary Schroepfer is food and nutrition specialist with University Extension (University of Missouri system) in Franklin County.

EASY SOUP BOWL

1 loaf (1 lb.) wheat bread
1 tbsp. sesame seeds,
crushed sunflower seeds
or chopped nuts
1 egg white, beaten with 1
tablespoon water

Thaw dough until soft, about 5 hours at room temperature or overnight in refrigerator.

Cut loaf in thirds. Form each third into ball. Place on cookie sheet coated with nonstick cooking spray. Cover with plastic wrap that also has been sprayed. Let rise until double.

Preheat oven to 350°. Place seeds in shallow plate.

Brush each ball with beaten egg white mix. Roll

each ball in seeds or nuts until coated.

Bake in preheated oven 25 minutes or until golden brown.

Cool. Slice off top and hollow out bread. Just before serving, fill with favorite soup. Hollowed bread also may be filled with low-fat dip.

Makes 3 bowls; 390 calories, 6 g fat, no cholesterol, 840 mg sodium, 72 g carbohydrates and 9 g dietary fiber (using whole wheat bread) each.

Tip: Use soft bread chunks in dressing, bread pudding or cheese fondue, or serve with soup or dip.

Recipe

PINEAPPLE-GLAZED CARROTS

1/2 cup firmly packed brown sugar
1/2 cup cornstarch
1/8 tsp. nutmeg
1 cup pineapple juice

1 lb. carrots, peeled, cut in thin diagonal slices
3/4 cup (1/2 stick) butter or margarine.

Shake brown sugar, cornstarch and nutmeg in regular size (10-by-14-inch) cooking bag. Place in 12-by-8-inch baking dish. Add

pineapple juice and carrots. Turn to mix. Dot with butter.

Close bag with nylon tie. Make 6 half-inch slits in top.

Microwave on high power 20 to 22 minutes until carrots are tender, turning dish periodically. Stir before serving.

Blue Ribbon Cook

Apples wend way into slaw

Beverly Manning, Pevely, is this week's winner of dinner certificates to the Pasta House Co. for Waldorf Slaw.

This recipe combines two of her favorite salads. To lower its fat, she substitutes nonfat mayonnaise and uses fewer nuts than a basic recipe. She also replaces sugar with honey.

Recipes for the annual Cookie Recipe Contest should be submitted by Oct. 31. Send an entry to Cookie Recipe Contest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

One winner each of the four Wednesdays in November will be chosen on the basis of taste and eye appeal, as well as originality,

although the recipe need not be original. Double-check directions and specific amounts, giving variations that individualize the recipe.

If possible, tell where the recipe came from and give specific information about special touches that give it a personal signature. Indicate which *Journal* newspaper you receive.

Duplicate entries will be considered on the basis of original entries or best compliance with rules. Contest winners may enter again six months after their prize-winning publication date.

WALDORF SLAW

2 cups shredded cabbage
1 cup diced apple with red skin intact
1/2 cup sliced celery
2 tbsp. chopped walnuts
1/2 cup low-fat or nonfat mayonnaise
2 tbsp. unsweetened apple juice
1 tbsp. honey

Combine cabbage, apple, celery, walnuts and raisins. Toss well.

In small bowl, combine mayonnaise, apple juice and honey, stirring well. Pour over cabbage mixture. Mix well.

Cover and chill at least 30 minutes.

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- Learn what makes Cherished Teddies so special!

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FOOD

Tenderize beef steak; savor aroma in update

Do you sometimes want to smuggle up after dinner with the feeling of a dish that your mother or grandmother made? That's what filled the house with aromas so tantalizing you could hardly wait until dinnertime.

These days cooking is accomplished so quickly there isn't time to make, much less savor those aromas. The weekend is the perfect time to enjoy an updated classic like Swiss Steak Piperade. It requires little attention while it simmers in the oven.

Beef round steak is a less tender cut, so it needs to cook slowly under cover until tender. Some folks would advise you not to rush the cooking, because raising the temperature to a boil makes beef tough.

So, relax, brown the beef, season it and simmer it, tightly covered, in an oven until it is tender.

Add a color and flavor to this updated classic is a piperade, a blend of tomatoes and sweet bell peppers. Rice or pasta and a green vegetable are simple accompaniments.

Round steak is an economical cut. Beef cuts with "rump" in the name are among the leanest choices in the meat case.

PIPERADE

1 1/4 lb. boneless beef round steak, cut 3/4 inch thick
1 tbsp. oil
3/4 tsp. salt
1/4 tsp. fresh thyme
1/4 tsp. pepper
1 large onion, chopped
1 to 2 medium jalapeno peppers, sliced 1/8 inch thick
1/4 cup water
4 medium tomatoes, chopped
1/2 yellow bell pepper, cut in 1 inch pieces
3 cups cooked rice or pasta
1 tbsp. chopped fresh parsley, if desired

Preheat oven to 325°.

In large ovenproof skillet or Dutch oven, heat oil over medium-high heat until hot. Brown steak on both sides. Pour off drippings, if necessary.

Season steak with salt, thyme and pepper. Top with onion and jalapeno pepper. Add water. Cover tightly. Simmer in preheated oven 45 minutes.

Add tomatoes and bell peppers. Cover. Continue cooking 30 minutes or until beef and vegetables are tender. Remove beef to warm platter.

On stovetop, cook sauce over high heat, stirring frequently, 8 to 10 minutes



Mellow flavors make Swiss steak smothered in tomatoes and peppers a classic to revisit.

until reduced and slightly thickened.

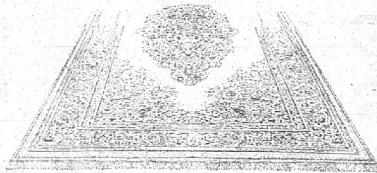
Trim fat from steak. Cut into serving-size pieces. Return to sauce mixture.

Serve over rice or pasta.

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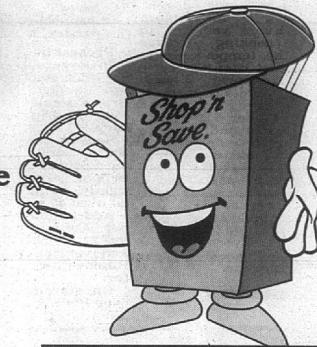
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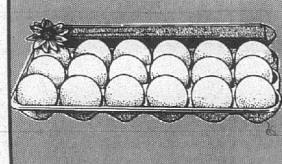
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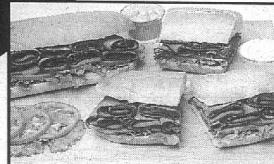
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Green Giant Asparagus.....15 oz.	1.69	2.29	2.19	2.29
12 USE, ULTRA ALL				
Laundry Detergent.....110 oz.	3.99	6.49	6.49	6.49
FEEL WOOL				
S.O.S. Pads.....4 ct.	.49	.79	.69	.79
ALUMINUM				
Reynolds Wrap25 ft.	.79	1.09	1.09	1.09
SOFT & GENTLE				
Bath Tissue.....4 roll	.79	1.19	.99	1.09
REGULAR				
Always Thin Maxi Pads24 ct.	2.50	3.29	2.97	3.29
DOUBLE FUDGE				
Snackwells Cookies6.25 oz.	1.97	2.29	2.29	2.29
PLASTIC				
Musselman Apple Juicee128 oz.	3.97	4.69	4.69	4.69

Totals Above Do Not Include Sales Tax

MEAT & PRODUCE	Shop 'n Save	Schnucks	Dierbergs	National
Radishes98	1.49	1.49	1.28
Whole Fryers79	.89	.99	.99
Boneless Chuck Roast	2.49	2.89	2.89	2.79
JUMBO				
Eckrich Franks	1.99	2.99	2.99	2.49
ALL MEAT				
Hygrade Franks	1.29	1.59	1.59	1.59
R.B. RICE				
Pork Sausage	2.49	2.99	2.99	2.99
BROWN & SERVE				
Swift Sausage Links.....8 oz.	1.29	1.59	1.79	1.50
Tyson Chicken Chunks10.5 oz.	2.99	3.39	3.39	3.39

DAIRY AND FROZEN FOOD	Shop 'n Save	Schnucks	Dierbergs	National
Cool Whip.....8 oz.	1.37	1.59	1.55	1.59
CHEESE WHIZ, LIGHT				
Cheese Spread	2.99	3.59	3.55	3.59
BLUEBERRY				
Eggo Waffles	1.59	1.99	1.89	1.99
PILLSBURY				
Cinnamon Rolls.....11.5 oz.	1.29	1.99	1.95	1.89
CHICKEN				
Swanson Pot Pie79	.99	.99	.99
FROZEN				
Minute Maid Lemonade12 oz.	.99	1.39	1.19	1.39
Eskimo Pies	1.99	2.99	2.99	2.99
GREEN GIANT, NIBBLERS				
Corn On The Cob99	1.79	1.69	1.69
Patio Burritos34	.59	.55	.59
Totinos Pizza Rolls	2.99	3.89	3.79	3.89
STRAWBERRY				
Sara Lee Cheese Cake.....26 oz.	4.19	5.19	4.99	4.99
Pet Cream Pie99	1.79	1.49	1.29

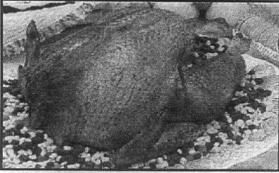
These items were purchased on October 21, 1996 at Schnucks at 11945 Manchester Rd. at 9:22 a.m., at Dierbergs at the Market Place-Clarkson & Clayton at 9:23 a.m., and at National at 14885 Clayton Rd. at Baxter at 10:00 a.m. Due to time required for ad processing, chain store prices may vary from date items were purchased to date of ad publication. The above prices do not reflect manufacturers' deals.

TOTAL VALUE



HUDSON ALL NATURAL
Chicken Leg Quarters

49¢
lb.



10-12 POUND AVERAGE
YOUNG TENDER
Butterball Turkey

79¢
lb.
LIMIT ONE PLEASE

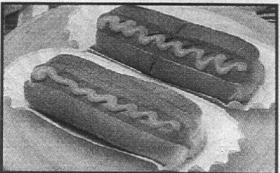
Circle A Beef Patties.....	399	5-LB. BOX
CHICKEN, BEEF OR PORK Lloyds BBQ.....	599	2-LB. TUB
Tennessee Pride Pork Sausage....	219	1-LB. ROLL



FRESH
**Picnic Style
Pork Roast**

69¢
lb.

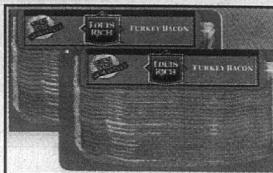
PATTIES, CHUNKS OR TENDERS Tyson Boneless Chicken.....	2/\$5	9-10.5 OZ. PKG.
ALL VARIETIES Hillshire Smoked Sausage.....	219	1-LB. PKG.
CHUNK Kahns Braunschweiger.....	2/\$3	1-LB. PKG.



REGULAR OR CHEESE
**Louis Rich
Turkey Franks**

99¢
1-LB.
PKG.

SLICED Hunter Bologna.....	129	1-LB. PKG.
LINKS Oscar Mayer Pork Sausage.....	289	lb.
Oscar Mayer Cotto Salami.....	2/\$3	1-LB. PKG.



**Louis Rich
Turkey Bacon**

2/\$4
12-OZ.
PKG.

REGULAR, LITE OR GARLIC Oscar Mayer Bologna.....	2/\$3	1-LB. PKG.
FUN PACK Oscar Mayer Lunchables.....	2/\$4	11.2-19.2 OZ. PKG.
LEAN TENDER FAMILY PACK Pork Cutlets.....	199	lb.

Pick of the Crop Garden Fresh Produce!



CALIFORNIA
**Seedless Red
Grapes**

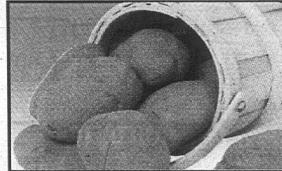
88¢
lb.

WASHINGTON STATE
X-FANCY

Red or Golden Delicious Apples **78¢**
lb.

Delicious Kiwi Fruit..... **5.98**

CALIFORNIA
Crisp Celery..... **58¢**
STALK



U.S. NO. 1
Baker Potatoes

28¢
lb.

Driscoll Strawberries..... **88¢**
lb.

Northland Cranberries..... **178**
12-OZ. BAG

The Finest Quality & Selection



REGULAR OR LOW FAT
**Dole Complete
Salad Blends**

2/\$3
8-OZ.
PKG.

Terry Farms Mushrooms..... **98¢**
6-OZ. PKG.

Hardin's Apple Cider..... **298**
GALLON

CALIFORNIA
Sunkist Pistachios..... **398**
1-LB. BAG



Try These Exotic Varieties!

NOT AVAILABLE AT ALL STORES

CRISP Sno Peas	298
FRESH Leek	98¢ lb.
FRESH PORTOBELLA Mushrooms	298 lb.
MELISSA Risotto	348 6-OZ. PKG.
MELISSA DRIED Red Tomatoes	248 5-OZ. PKG.
MELISSA Black Wild Rice	298 2-OZ. PKG.



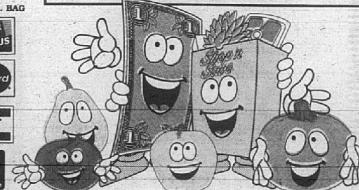
Shop 'n Save

The more you shop the more you save. SM

S	M	T	W	T	F	S
23	24	25	26			

PRICES GUARANTEED THRU OCTOBER 26, 1996 AT ALL ST. LOUIS METRO STORES ONLY

*WE RESERVE THE RIGHT TO LIMIT * NO SALES TO DEALERS * FOR LOCATIONS CALL (314) 964-0900



10234A

**WE TAKE
PLASTIC!**



Classified

CALL 877-7700 or 876-2000

Hours: Monday-Friday 8 am-5:00 pm • Closed Saturday & Sunday

1-800-766-FAST (3278)

For Commercial Rates Call 877-7700. Help Wanted 876-2000.



TRANSPORTATION
1



EMPLOYMENT
210



NOTICES
400



SERVICES
700



MERCHANDISE
1700



REAL ESTATE
2100

**LOCAL OFFICE
HOURS:**

8:00 a.m. - 5:00 p.m.
Monday - Friday
Closed
Saturday & Sunday

HOW TO
PLACE AN AD



PHONE IT: Call 877-7700 or dial 876-2000.

Phone lines are open from 8 a.m.-5:00 p.m. Monday through Friday.

FAX IT: Send your ads directly to our Classified Fax Center at 618-476-4240. We'll call you back for confirmation.

MAIL IT: Send your ads to: Classified, Granite City Press Record Journal, 1815 Delmar, Granite City, IL 62040.

PAY FOR AN AD

You will be billed immediately after placing your ad. You may pay in person, through the mail or over the phone or fax. We accept cash, checks and credit cards (MC/Visa Discover). When paying over the phone, please give us your real name when faxing your ad, just include your credit card number so we can call you back for confirmation. Please do not send cash through the mail. Some ads require prepayment.

WRITE AN AD

Capture the reader's attention with larger headlines, bold type and graphics. Tell them up front what you're selling or seeking. Describe the item, adding details such as color and condition. Avoid abbreviations; they make ads less readable and therefore less effective. Include your phone number and the hours you are available. Always include the price; it will increase your responses.

CANCEL AN AD

Deadlines for ad cancellation are identical to those for ad placement. You may cancel an ad in person or by phone. To cancel an ad, phone 877-7700.

KOETTING FORD'S Factory Authorized Ford Clearance

ALL 1996 MODELS MUST BE SOLD NOW

\$1000.00 CASH BACK



1996 CROWN VICTORIA
List Price: \$18,899
Less: Ford Mif. Disc.
Koetting Ford Discount
Plus Rebate
YOU PAY ONLY! \$18,899

\$1500.00 CASH BACK



1996 WINDSTAR MINI VANS

PRE-OWNED SPECIALS

96 RANGER SUPER CAB
Only 9,xxx Miles.

94 F150 4 Wheel Drive,
W/Custom Paint.

94 EAGLE TALON
Auto, A/C & More.

93 FORD ESCORT LX
4dr., Low Miles,
One Owner.

91 FORD F-150
Camper Shell And More.

93 FORD EXPLORER
XLT, Low Miles,
Must See.

PLUS
'95 ESCORT
'95 T-BIRD
'95 SABLE
'95 TAURUS
SAVE \$1,000's

93 MERCURY GRAND MARQUIS
Extra Clean
Affordable Luxury

93 FORD TAURUS GL
6 Cyl., Auto, A/C &
More, 41,xxx Miles.

93 GMC JIMMY
4x4 SLT
Leather, Power

93 FORD EXPLORER
XLT, Low Miles,
Must See.

94 CHEVY P/U CLUB CAB
Nice Truck

95 FORD WINDSTAR
Loaded
Green Van, 31,xxx Mi.

95 FORD EXPLORER
XLT, 4x4, Alloy
Wheels, 23,xxx Miles.

95 FORD MUSTANG
COUPE
Auto Transaxle
Air Cond., T Glass
Power Brakes
Power Seats
Power Steering
Speed Control
Stereo Cassette

1995 MUSTANG COUPE
\$12,599

1995 CONTOUR GL 4 Dr.

1995 PROBE SE
\$12,999

All prices exclude Tax, Title, License and DOC Fees.

FACTORY PROGRAM VEHICLES

\$13,999

HURRY FOR
BEST
SELECTION

FRESH
SHIPMENT
JUST
ARRIVED

1995 PONTIAC GRAND AM
GL 4 Dr. 2.3L
\$13,999

1995 FORD TAURUS
GL 4 Dr. 2.3L
\$13,999

1995 FORD TAURUS
GL 4 Dr. 2.3L
\$13,999

All prices exclude Tax, Title, License and DOC Fees.

1995 PONTIAC GRAND AM
GL 4 Dr. 2.3L
\$13,999

1995 FORD TAURUS
GL 4 Dr. 2.3L
\$13,999

1995

NOW OPEN



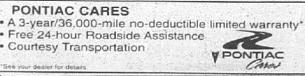
The All-New Pontiac Sunfire® Convertible

FOR EXCITEMENT.

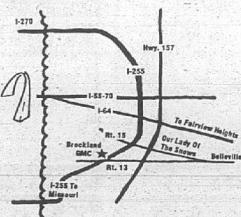
Bob Brockland Pontiac-GMC is Driving Excitement to Cahokia.

"10 MINUTES FROM ANYWHERE" I-255 & IL RTE 157 • CAHOKIA, IL

(618) 332-CARS(2277) OR (314) 621-2331



For more information, please call 1-800-2PONTIAC.



PONTIAC
WE ARE DRIVING EXCITEMENT.

32 MISC. AUTO

**CONFIDENTIAL
AUTO FINANCING**
FOR THOSE WHO ARE SERIOUS ABOUT
RE-ESTABLISHING THEIR CREDIT!
BANKRUPTCIES, SLOW PAY, DIVORCE OR
SEPARATION, NO PROBLEMS.
CALL MR. WILLIAMS AT
FIRST CITY FINANCE FOR DETAILS
(314) 776-8143

SPECIAL PURCHASE

1996 NEON
4 DR. SEDANS
Auto. Air. Stereo & More!
FROM \$9,995*

96 PLYM. GRAND VOYAGER SE	\$16,995
95 DODGE INTREPID	\$11,995
95 DODGE SPIRIT 4DR.	\$9995
93 PLYMOUTH VOYAGER	\$895
93 CHRYSLER CONCORDE	\$11,995
92 GRAND CARAVAN LE	\$10,595
92 DODGE DAKOTA SPORT P/U	\$6995
91 CHRYSLER NEW YORKER	\$5995
90 FORD TAURUS 4 DR.	\$3295
90 GRAND VOYAGER SE	\$5995
90 BUICK REGAL 2 DR.	\$5995
90 FORD XLT LARIAT P/U	\$6995
89 PONTIAC GRAND AM	\$2995
89 PONTIAC BONNEVILLE	\$3995
86 CHEVY CAPRICE WAGON	\$1495
85 NISSAN SENTRA 4 DR.	\$1995

WE RENT MORE
**Mehlville
Leasing & Youth**
3660 LEMARY FERRY RD.
W. BOUNDARY OF SOUTH COUNTY CTR.
ST. LOUIS MO 63126
487-3000

TAKE A TEST DRIVE NOW!**VANS**

1996 Chrysler Town & Country Van Drive Club Cab	\$25,995
1990 Dodge Grand Caravan SE Financing Available Records	\$7,995
1995 Dodge Caravan SE 2-Power Program Car	\$19,895

TRUCKS

1996 Dodge Ram 1500 4 Wheel Drive Drive Club Cab	\$29,963
1991 Chevy 1500 You want see his truck!	\$5,995
1994 Chevy C2500 Pick Up 4WD Auto/4x4/4L/Long M-8	\$13,495
1992 Chevy S10 Pick Up Truck	\$8,495

CARS

1991 Dodge T-2 Sprint 4WD Full Power Sharp Car	\$4,995
1994 Dodge Stratus 4WD Auto/4x4/4L/Long M-8	\$9,495
1998 Dodge Intrepid W-2R Fully Loaded Program Car	\$16,995
1992 Chrysler LeBaron 4WD/4x4/4L/Long M-8	\$11,995
1992 Pontiac Grand Am 4WD/4x4/4L/Long M-8	\$13,995
1994 Chrysler Concord 4WD/4x4/4L/Long M-8	\$18,895
1998 Chrysler LHS 4WD/4x4/4L/Long M-8	\$15,995
1993 Plymouth Banshee 4WD/4x4/4L/Long M-8	\$8,495
1995 Jeep Wrangler 4WD/4x4/4L/Long M-8	\$12,995
1993 Chrysler Concord 4WD/4x4/4L/Long M-8	\$10,995
1995 Chevy Monte Carlo 4WD/4x4/4L/Long M-8	\$16,995
1994 Olds Cutlass Supreme 4WD/4x4/4L/Long M-8	\$12,495

STORE HOURS:

MON., WED. 8:00-9:00;
TUES., THURS., SAT. 8:55
SERVICE HOURS:
MONDAY THROUGH FRIDAY

Prices Good This Week Only.

CASSENS & SONS
3333 South Hwy. 169, Glen Carbon
Since 1933
656-6070
"Where Customers
Send Their Friends"

NEED A CAR?

Buckley says...

We're Tackling
HIGH PRICES

& Passing
BIG SAVINGS

On To
YOU!

Over 400 Cars &
Trucks Available

Exclusive 7 Day
Return Policy!

NO CREDIT...BAD CREDIT...NO PROBLEM!

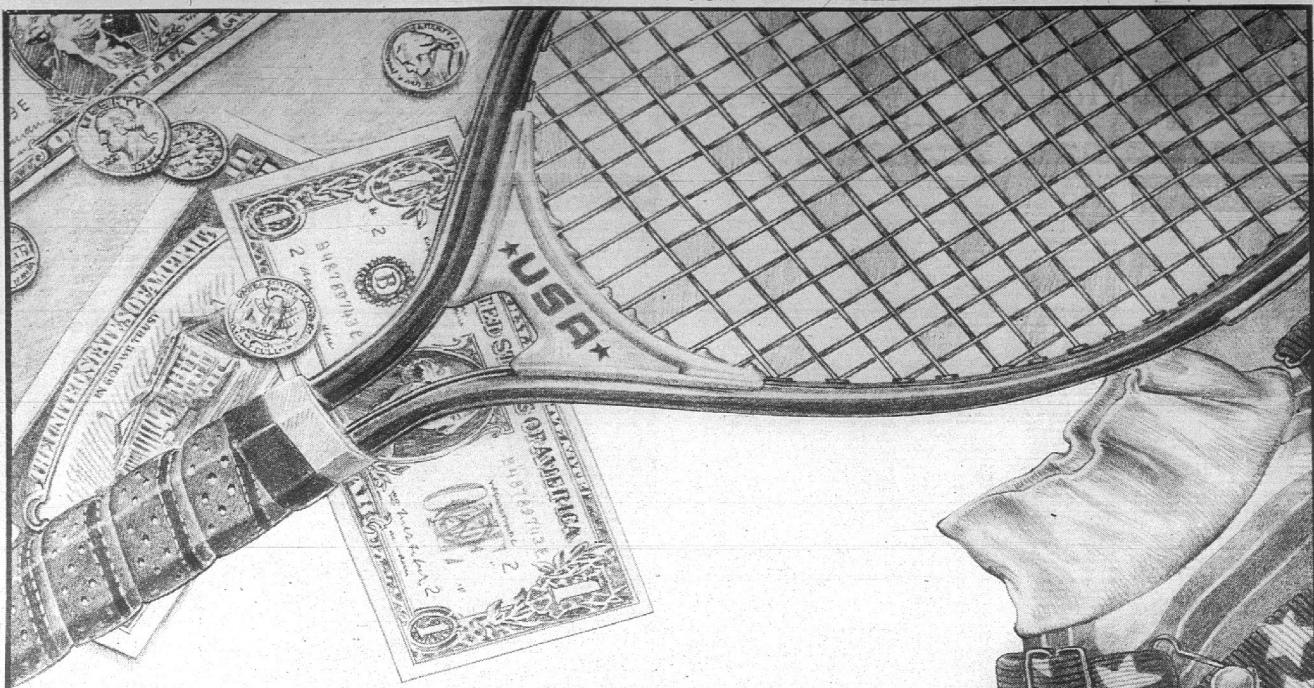
Bring this ad, Paycheck stub,
Drivers License & Downpayment
and you'll be driving away in
30 minutes!

IT'S THAT SIMPLE!!

INSTA-CREDIT
AUTO MART
346-8890

COLLINSVILLE, IL

COUPON
INSTA-CREDIT
AUTO MART
346-8890



Thinking of having a garage sale?

START YOUR SALE THE RIGHT WAY,
BY ADVERTISING IN THE

SUBURBAN JOURNALS

"THE MOST COMPLETE GARAGE SALE LISTING IN THE AREA"

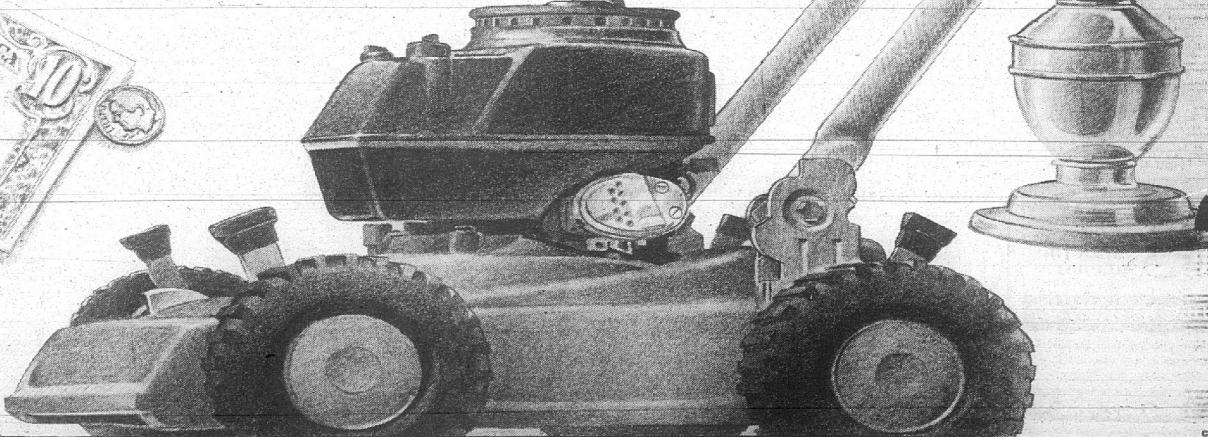
Placing an ad in the Journals is the first step in having a Successful Garage Sale.

We'll **LEAD** the garage sale hunters right to your door. If you prepay your ad, (at one of our offices; or by Visa or Mastercard) you can even request a "Journal Garage Sale Kit," complete with signs, At No Extra Charge.



966-FAST (or) 1-800-766-FAST

Monday-Friday: 7 AM-7 PM
Saturday: 8 AM-12 Noon



Mee

Ads from

22-year-old blonde-hair SWF, with one child, 2 years old, seeking relationship. DBF 15400

44-year-old DBF, sporty, athletic, likes jazz, driving out, has great taste. 15400

28-year-old OWF, looking for intelligent, sensible, Sunday driver. 15400

50-year-old SWF, a good mother, seeking companion. 15400

Active, 59, proposes, seeks, weekends, ISO gentle professional. 15400

Active, 59, adventurous, enjoys biking, music. Seeking SWM, 45 years old. 15400

Adventurous, attracts enjoys cooking, a real cook. Man, 45-60. 15294

Affectionate, very good natured, Gentleman, 40+, with interests. 15400

Attractive, 31, most sincere. Men, 34-49, for love. 15400

Affectionate SWF, 33, music, dancing, nice. 15400

Ambitious, professional smoker, educated. 34-45, 5'8", 15400, sincere. 15402

Are you the one looking for a good, dependable, companion? 15400

Attractive, classy, professional, outgoing, good sense of humor, intelligent, humorous. 15210

Attractive, affectionate, smoker, social drinker, quiet times. SO SW seeking SWM. 15400

Attractive SWF, 33, quiet times, drug free. 15400

Attractive homemaker, good natured, considerate son. 15400

Attractive WWWCF, 33, quiet times, drug free. 15400

Attractive, adventurous, fun-loving, drug free. 15400

Attractive SWM, 30, quiet times, drug free. 15400

